

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

BALLance[®]
Dr. Tanja Kühne

8:20 ▶▶ 9:20

Gesunder Rücken

9:30 ▶▶ 10:30

MGR REHA-SPORT
OSL e.V.

10:35 ▶▶ 11:35

MGR REHA-SPORT
OSL e.V.

8:15 ▶▶ 9:15

Yogilates

9:30 ▶▶ 10:30

MGR REHA-SPORT
OSL e.V.

10:40 ▶▶ 11:40

Gesunder Rücken

9:30 ▶▶ 10:30

QiGong

10:35 ▶▶ 11:35

BALLance[®]
Dr. Tanja Kühne

8:20 ▶▶ 9:20

Yogilates

9:30 ▶▶ 10:30

MGR REHA-SPORT
OSL e.V.

10:35 ▶▶ 11:35

Kids only
by BALLance Dr. Tanja Kühne[®]

16:20 ▶▶ 17:20

BALLance[®]
Dr. Tanja Kühne

17:25 ▶▶ 18:25

Bauch:Beine:Po

18:30 ▶▶ 19:15

Yogilates

19:20 ▶▶ 19:50

BALLance[®]
Dr. Tanja Kühne

20:00 ▶▶ 21:00

MGR REHA-SPORT
OSL e.V.

15:35 ▶▶ 16:35

Gesunder Rücken

16:40 ▶▶ 17:40

MGR REHA-SPORT
OSL e.V.

17:45 ▶▶ 18:45

SCHATTENBOXEN

18:50 ▶▶ 19:50

SCHATTENBOXEN

18:50 ▶▶ 19:50

BALLance[®]
Dr. Tanja Kühne

20:00 ▶▶ 21:00

Gesunder Rücken

16:20 ▶▶ 17:20

YOGA

17:25 ▶▶ 18:40

MGR REHA-SPORT
OSL e.V.

18:45 ▶▶ 19:45

- Kraft & Ausdauer
- Beweglichkeit & Entspannung
- Rücken & Gelenke
- Krankenkasse & Zuzahlung