

FHC FIT&SPA		KURSPLAN AB 01.10.2025										FHC FIT&SPA	
	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Sonntag		
RAUM	1	2	1	2	1	2	1	2	1	2	1	2	
09:00	09:30 FUNKTIONELLES TR. Mary			09:30 REHA Goda	09:30 PILATES Mary	09:45 REHA Verena	09:30 WSG Petra		09:00 YOGA Diana				
10:00	10:30 STRETCHING Mary			10:30 REHA Goda	10:30 BODYSHAPE Mary	10:45 REHA Verena	10:30 PILATES Petra	10:30 REHA Beate	10:30 PILATES Diana	10:00 REHA Sabine	10:30 STEP Jule		
11:00				11:45 REHA Käthe				11:30 REHA Beate		11:00 REHA Sabine	11:30 BODYSHAPE Jule		
12:00													
13:00													
14:00		14:30 REHA Birgit						14:00 REHA Mary					
15:00		15:30 REHA Birgit			15:00 REHA Beate							15:00 -17:00 VEREIN Kickboxen	
16:00	16:45 - 17:30 VEREIN Jiu-Jitsu	16:30 REHA Birgit		16:30 REHA MARY	16:00 REHA Beate		16:45 - 17:30 VEREIN Jiu-Jitsu	16:00 REHA Kerstin					
17:00		17:30 REHA Birgit		17:30 PRÄVENTION Mary	17:45 BODYSHAPE Conni			17:00 REHA Kerstin					
18:00	18.00 BODYSHAPE Jana/Conni	18.30 - 21.00 VEREIN Krav Maga ATK-SV Kickboxen	18:00 BBP Bine	18:30 REHA MARY	18:45 PILATES Conni	18:30 - 20.00 VEREIN Kickboxen	18:00 BODYSHAPE Jana						
19:00	19.00 STEP Jana/Conni		19:00 VITAL COMBAT Bine	19:30 VEREIN Kickboxen				19:00 STEP Jana					