



MAXSE'S

BEWEGUNGS- UND
GESUNDHEITZENTRUM

Sommer 2020

Mo	Di	Mi	Do	Fr	Sa	So
		Rücken- gymnastik 9.00 – 10.00	Rehasport 9.00 – 9.45		Yoga 9.00 – 10.00	
					Zirkel Training 10.00 – 11.00	
	Kindersport (ab Sept.) 14.00 - 15.00					Yoga 11.00 – 12.00
	Rehasport 15.00 – 15.45					
	Rehasport 16.30 - 17.15					
	Deep Work 17.30 – 18.30		TRX 17.00-18.00			
Yoga 18.00 – 19.00	Yoga (ab Sept.) 18.45 – 19.45	TRX 18.00 – 19.00	Rehasport 18.00 – 18.45	Body Iron 18.00 – 19.00		
Bauch, Beine, Po 19.00 – 20.00			Body Toning 19.00 – 20.00			

- Gesundheitskurs
- Aktiverer Kurs
- Rehasport