Kursplan

16.11.2026 - 22.11.2026

Impuls Greven
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48268 Greven

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Montag 16.11.2026	Dienstag 17.11.2026	Mittwoch 18.11.2026	Donnerstag 19.11.2026	Freitag 20.11.2026	Samstag 21.11.2026	Sonntag 22.11.2026
09:00 - 09:45 Rehasport	09:00 - 09:45 Rehasport	18:15 - 19:15 Bauch-Beine-Po	09:00 - 10:15 YOGA - findet am 05...	10:00 - 10:45 Rehasport Extremitä...		10:00 - 10:45 Indoor Cycling
09:00 - 09:45 Best-Ager-Kurs	09:45 - 10:45 Pilates	18:15 - 19:00 Indoor Cycling „B...	10:15 - 11:00 Rehasport	10:00 - 10:45 Bauch-Beine-Po		11:00 - 12:00 Bodyshape
16:45 - 17:30 Rehasport für Kinde...	10:30 - 11:15 Rehasport Arthrose ...	19:00 - 19:45 Rehasport	17:30 - 18:15 Rehasport	16:00 - 16:45 Rehasport		11:00 - 12:30 Selbstverteidigungs...
17:45 - 18:30 Rehasport	18:00 - 18:45 Taekwondo / Kickbox...	19:15 - 20:15 Pilates	18:20 - 19:20 Rückenfit	16:45 - 17:45 Faszien YOGA als Pr...		
18:30 - 19:30 Kondition & Kraft	18:00 - 18:45 Indoor Cycling „B...		18:30 - 19:30 Indoor Cycling	17:00 - 18:00 LINE DANCE		
19:30 - 20:45 YOGA	18:45 - 19:30 Taekwondo / Kickbox...		19:20 - 20:20 Zumba®	18:00 - 19:00 Taekwondo | Kickbox...		
19:30 - 21:00 Self Defense	19:00 - 20:00 Indoor Cycling			19:00 - 20:30 Taekwondo | Kickbox...		
	19:30 - 21:00 Taekwondo | Kickbox...					

Stand: 20.11.2026

Fitness Gesundheit Rehasport