

# Kursplan: Aukrug

01.03.2021 - 07.03.2021

Fitness and more  
Galgenbergsweg 2  
24589 Nortorf  
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Montag 01.03.2021	Dienstag 02.03.2021	Mittwoch 03.03.2021	Donnerstag 04.03.2021	Freitag 05.03.2021	Samstag 06.03.2021	Sonntag 07.03.2021
08:45 - 09:30 Reha	08:45 - 09:30 Reha	09:30 - 10:30 BBP	11:00 - 11:45 Reha	08:45 - 09:30 Reha		
16:00 - 16:45 Reha	09:45 - 10:30 Pilates	10:40 - 11:40 Yoga	16:45 - 17:30 Reha	09:40 - 10:25 Reha		
16:45 - 17:30 Reha	18:00 - 18:45 Reha	18:30 - 19:30 Langhantel-Workout	17:45 - 18:30 Reha	10:30 - 11:30 BBP		
18:00 - 18:45 Zumba	18:45 - 19:30 Reha	19:30 - 20:30 Fitnessboxen	19:00 - 20:00 Tabata-Workout-Mix	18:00 - 18:45 Trampolin Jumping		
19:00 - 20:00 Indoor Cycling						

- BBP
- Bootcamp
- Bungee Fitness
- DeepWork
- Fitnessboxen
- Flexi-Bar, BBP
- Functional Step ...
- Gesunder Rücken
- HIIT
- Indoor Cycling
- Jumping Fitness
- Langhantel-Worko...
- Mama & Baby
- Pilates
- Reha
- Rückenfit

Stand: 01.03.2021