

# Kursangebot Fit & Gesund

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SC Halle	Remstalhalle Gymnastikraum	Urbanhalle	BSH - Foyer
Hallenbad	Bewegungsraum Kindergarten Steinreinach	Remstalhalle	

Tag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
9.00-10.00				9.00-10.00 Fit Best	9.15-10.00 Aqua-Prävention
10.00-11.00		9.45-10.45 Fit nach Krebs (Rehasport)	9.30-10.15 Mami Fit Power	9.15-10.15 Senior Fit (Rehasport)	9.30-10.15 Aqua-Walking
11.00-12.00					10.25-11.10 Aqua-Fitness-Step
15.00-16.00			14.30-15.15 KiBaSch 4-5 jährige		
16.00-17.00	16.00-17.00 Reha Fit Wirbelsäulengym. (Rehasport)	15.30-16.30 Balance III (Rehasport)	15.30 -16.15 KiBaSch 5-6 jährige		
17.00-18.00	16.30-17.30 Fit Ladies 70 plus	16.30-17.30 Drums alive		16.45-17.45 Balance II (Rehasport)	
18.00-19.00	18.00-19.00 Balance I (Rehasport)		18.10-18.55 Aqua-Gym 2 (Rehasport)	17.30 - 18.15 Mami Fit Power	17.00-18.30 Yoga Advanced
19.00-20.00	19.00-20.00 Fit Treff 50 plus	19.00 - 20.00 Rücken Fit I (Rehasport)	19.15-20.00 Aqua-Gym 1 (Rehasport)	19.00-20.00 Rücken Fit II (Rehasport)	17.45-18.30 Aqua Energy
20.00-21.00		19.30-20.30 Step Fit	20.00-20.45 Aqua-Fit 1	19.30-21.00 Fit Mix	18.30-19.15 Aqua-Rückenpower 1
21.00-22.00		19.45-21.15 Fit Kompakt	20.45-21.30 Aqua-Fit 2		19.15-20.00 Aqua-Rückenpower 2