

# Vital+ Kursplan Frühjahr/Sommer 2025



| MONTAG                                              | DIENSTAG                                   | MITTWOCH                                      | DONNERSTAG                                       | FREITAG                                         |
|-----------------------------------------------------|--------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
|                                                     |                                            |                                               | 9:00-09:45<br><b>Rehasport</b><br>Nadine         | 9:00-09:45<br><b>Rehasport</b><br>Nadine        |
|                                                     |                                            | 10:00-10:45<br><b>Rehasport</b><br>Nadine     | 10:00-10:45<br><b>Rehasport</b><br>Nadine        | 10:00-10:45<br><b>Rehasport</b><br>Nadine       |
|                                                     | 12:00-12:45<br><b>Rehasport</b><br>Kirsten | 11:00-11:45<br><b>Rund um Fit</b><br>Nadine   | 11:00-11:45<br><b>Rehasport</b><br>Nadine        | 11:00-11:45<br><b>Rehasport</b><br>Nadine       |
|                                                     |                                            | 18:00-19:00<br><b>Zumba</b><br>Lane           | 17:00-17:50<br><b>Fit &amp; Stretch</b><br>Julia | 16:00-16:30<br><b>Faszientraining</b><br>Julius |
| 18:00-19:00<br><b>Ganzkörpertraining</b><br>Kerstin | 18:00-18:45<br><b>Rehasport</b><br>Julius  |                                               |                                                  | 17:00-17:45<br>18:00-18:45<br>19:00-19:45       |
| 19:00-19:45<br><b>Rehasport</b><br>Julius           | 19:00-19:45<br><b>Rehasport</b><br>Julius  | 19:00-20:15<br><b>Yoga</b><br>Anja Afscharian | 18:00-19:00<br><b>Qi-Gong (NEU)</b><br>Chris     | <b>Rehasport</b><br>Kirsten                     |