

Kursplan

ab Mai2025

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Öffnungszeiten	5:00 - 24:00	5:00 - 24:00	5:00 - 24:00	5:00 - 24:00	5:00 - 24:00	5:00 - 24:00	5:00 - 24:00
Personalzeiten	9:00 - 12:00 14:30 - 21:00	9:00 - 12:00 14:30 - 19:00	9:00 - 12:00 14:30 - 19:00	9:00 - 12:00 14:30 - 21:00	9:00 - 12:00 14:30 - 19:00	--	10:30 - 12:30
Sauna	9:45 - 11:55 16:30 - 20:55	Damen 9:45 - 11:55 16:30 - 18:55	9:45 - 11:55 16:30 - 18:55	16:30 - 20:55	9:45 - 11:55 16:30 - 18:55	--	--
vormittag	9:30 - 10:30 Pilates		9:00 - 10:00 WS - Gym	9:30 - 10:15 REHA			
	10:30 - 11:15 REHA		10:00 - 10:45 REHA	10:15 - 11:00 REHA			11:00 - 12:00 Body Styling
			10:45 - 11:30 REHA - Sitzgruppe				
nachmittag	17:15 - 18:00 REHA		17:15 - 18:00 REHA		17:00 - 18:00 Indoor Cycle		
	18:30 - 19:30 Indoor Cycle	18:00 - 19:00 Body Styling	18:00 - 18:45 REHA	18:00 - 19:00 Pilates	18:00 - 19:15 Body Cross / Body Styling		
	18:30 - 20:00 Yoga		17:30 - 18:30 Indoor Cycle	19:00 - 20:00 Kraftaufbau			
			19:00 - 20:30 Yoga				
	WS - Gymnastik	Figur	Herz - Kreislauf	Körper & Entspannung	REHA		



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