

Fitnesskurse des VechteVital - Schöppingen



	MO	DIE	MI	DO	FR
08:30		Indoor-Cycling		Indoor-Cycling	
09:30	Reha-Sport	Rücken-Fit	Power-Flow	Rücken-Fit	Reha-Sport
16:30			Reha-Sport		
17:30	Pilates	Reha-Sport	Reha-Sport	Rücken-Fit	Reha-Sport
18:30	Indoor-Cycling	BBP (BauchBeinePo)	Body Shape	Jumping Fitness	
19:30	Reha-Sport	Functional Training	Indoor-Cycling		

gültig ab 13/10/2025