Trainingszeiten

Hand in Hand
behandeln . bewegen . begleiten

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:40 - 10:00	07:40 - 10:00	07:40 - 10:00	07:40 - 10:00	07:40 - 10:00
	Rückbildung 9:30 - 10:40		WioS 9:45 - 10:45	
10:00 - 13:30	10:00 - 13:30	10:00 - 12:00	10:00 - 13:30	10:00 - 13:30
15:00 - 16:30	15:00 - 16:30	15:00 - 16:30	15:00 - 16:30	15:00 - 16:30
16:30 - 19:00	16:30 - 20:00	16:30 - 19:00	16:30 - 19:00	16:30 - 19:00
Yoga 18:30 - 20:00	BeBo 18:00 - 19:30		19:00 - 20:00	

Betreutes Training | Freies Training | Kurse

Stand: Januar 2020