




































Kursplan







02.10.2023 - 08.10.2023

P2 Sport- & Freizeitpark
Parkweg 2a
99310 Arnstadt
03628 6609980
p2arnstadt@web.de



Montag 02.10.2023	Dienstag 03.10.2023	Mittwoch 04.10.2023	Donnerstag 05.10.2023	Freitag 06.10.2023	Samstag 07.10.2023	Sonntag 08.10.2023
08:15 - 09:15 RückenFit 	08:15 - 09:00 Reha 	09:30 - 10:30 RückenFit 	08:15 - 09:00 Reha Wassergymnasti... 	08:15 - 09:00 Reha 		
09:45 - 10:30 SlingFit 	09:30 - 10:30 Fit & Aktiv 	09:30 - 10:15 Reha Wassergymnasti... 	09:30 - 10:15 Reha Wassergymnasti... 	09:30 - 10:30 Pilates 		
12:00 - 12:45 Reha Hüfte/Knie 	10:45 - 11:45 Hatha Yoga 	10:30 - 11:15 Reha Wassergymnasti... 	09:45 - 10:30 FunctionalFit 	12:00 - 12:45 Reha HWS/Schulter 		
13:15 - 14:00 Reha 	12:00 - 12:45 Reha 	12:00 - 12:45 Reha Wassergymnasti... 	10:30 - 11:15 Reha Wassergymnasti... 	14:30 - 15:15 Reha 		
16:00 - 17:00 Bodystyling 	15:00 - 15:45 Reha Wassergymnasti... 	13:15 - 14:00 Reha 	10:45 - 11:30 FaszienFit 	15:45 - 16:45 Yin Yoga 		
17:15 - 18:00 H.I.I.T. 	16:00 - 16:45 Reha Wassergymnasti... 	14:30 - 15:30 Reha Herzsport 	13:30 - 14:15 Reha Wassergymnasti... 	18:15 - 19:15 Zumba® 		
18:15 - 19:15 Pump 	17:00 - 18:00 Pilates 	14:45 - 15:30 Reha Wassergymnasti... 	14:30 - 15:15 Reha Lungensport 	18:15 - 19:00 Reha 		

Stand: 03.10.2023



















-  Aqua
-  Body & Mind
-  Cardio
-  Functional
-  Kraft
-  Reha / Funktions...

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<p>19:30 - 20:30 Zumba® </p> <p>19:45 - 20:30 Reha </p>	<p>18:15 - 19:15 Indoor Cycling </p> <p>19:30 - 20:30 RückenFit </p> <p>19:45 - 20:30 Reha Wassergymnasti... </p>	<p>16:00 - 16:45 Reha </p> <p>17:00 - 18:00 Fatburner </p> <p>17:00 - 17:45 Reha Wassergymnasti... </p> <p>18:15 - 19:15 Korce® </p> <p>19:30 - 20:30 Hatha Yoga </p> <p>19:45 - 20:30 Reha Wassergymnasti... </p>	<p>14:45 - 15:30 Reha Wassergymnasti... </p> <p>16:00 - 16:45 Reha </p> <p>17:00 - 17:45 FaszienFit </p> <p>17:15 - 18:00 SlingFit </p> <p>17:45 - 18:30 Reha Wassergymnasti... </p> <p>18:15 - 19:15 Bodystyling </p> <p>18:45 - 19:30 Reha Wassergymnasti... </p>			

Stand: 03.10.2023



-  Aqua
-  Body & Mind
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			<div data-bbox="981 375 1240 507"><p>19:30 - 20:30 JumpingFit</p></div> <div data-bbox="981 515 1240 647"><p>19:45 - 20:30 Reha Wassergymnasti...</p></div>				

 Aqua
 Kraft

 Body & Mind
 Reha / Funktions...

 Cardio

 Functional

Stand: 03.10.2023