

# Fitness Tenne Ellierode Kursplan

| Kurs  | Montag        | Dienstag                       | Mittwoch      | Donnerstag                                      | Freitag       |
|---|---------------|--------------------------------|---------------|---|---------------|
| Hit-Mix / Be strong                           |               |                                | 19:00 - 20:00 |   |               |
| Back meets Yoga                               | 10:30 - 11:30 |                                |               |   |               |
| Sixpackkurs                                   |               | 16:00 - 16:30                  |               |   |               |
| Starker Rücken<br>in Bewegung                 | 18:00 - 19:00 |                                |               |   |               |
| Pilates mit Feldenkrais                       |               |                                | 10:00 - 11:00 |   | 17:30 - 18:30 |
| Aerobic & more                                |               | 18:30 - 19:30                  |               |   |               |
| Feldenkrais                                   |               |                                | 17:00 - 18:00 |   |               |
| Indoorcycling                                 |               | 17:15 - 18:15                  |               |   |               |
| Reha-Sport                                    |               | 15:00 - 15:45<br>16:00 - 16:45 |               |   | 09:00 - 09:45 |
| Primärprävention                              | 09:30 - 10:30 |                                |               | 18:00 - 19:00                                   |               |
| Aquafitness im Hallenbad<br>Nörten-Hardenberg |               |                                |               | 17:00 - 17:45<br>18:00 - 18:45<br>18:45 - 19:30 |               |

**FITNESS**  
 ELLIERODE  
 05505 / 95 93 54  
**TENNE**