

KURSPLAN

Stand Mai 2025



POWERHOUSE NEUSS
 FITNESS | KURSE | WELLNESS | REHA

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------------------------------------|--------------------------------------|----------------------------|----------------------------|-------------------------------------|----------------------------|--------------------------------|
| 09:00 -09:45 Reha-Sport | | | 10:00 -10:45 Reha-Sport | | | 10:15 - 10:45 Strong Nation |
| 10:00 -10:45 Reha-Sport | | | 11:00 -11:45 Reha-Sport | 11:00 -12:00 Adipositas-Therapie | 11:00 - 12:00 Kids Club | 11:00 - 12:00 Zumba |
| | 14:00 -15:00 Adipositas-Therapie | | 12:00 -12:45 Reha-Sport | 13:00 -14:00 Adipositas-Therapie | 12:00 - 13:00 Fit Boxen | |
| 15:00 -15:45 Reha-Sport | 15:00 -16:00 Adipositas-Therapie | | 15:00 -15:45 Reha-Sport | 15:00 -16:00 Adipositas-Therapie | | |
| 16:00 -16:45 Reha-Sport | | | 16:00 -16:45 Reha-Sport | 15:30 -16:30 Bauch-Beine-Po | | |
| 17:00 -18:00 Adipositas-Therapie | 17:00-18:00 Pilates | 17:00 -17:45 Reha-Sport | 17:00 -17:45 Reha-Sport | | | |
| 18:00 - 19:00 Jumping | 18:00-19:00 Zumba | 18:00 -18:45 Reha-Sport | 18:00 -18:45 Reha-Sport | | | |
| 19:00-20:00 Fit Boxen | | 18:50 -19:45 Yoga | | | | |
| 20:00-21:00* Shuffle Kurs mit Isi | 20:00-21:00* Shuffle Kurs mit Isi | | | | | |

Hier geht's zur Online-Kursanmeldung:



*mit Aufpreis

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