



# Kursplan

## Obertshausen / Offenbach

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	Sonntag	
Offenbach	Obertshausen	Offenbach	Obertshausen	Offenbach	Obertshausen	Offenbach	Obertshausen	Offenbach	Obertshausen	Offenbach	Offenbach	Obertshausen
10.30 - 11.30 h WS Gym (Elvi)	10.00 - 11.00 h Pilates (Anette)			10.30 - 11.30 h Fit to Move (Alexandra)				10.30 - 11.30 h Bodystyling (Elvi)	10.00 - 11.00 h Rückenfitness (Claudia W.)		10.30 - 11.30 h Power-Dumbell (Elvi)	10.30 - 11.45 h Bodystyling (Katharina)
				11.30 - 11.45 h Bauch & Stretch (Alexandra)			11.30 - 12.30 h Yoga (Alexandra)				11.30 - 12.00 h Bauch & Stretch (Elvi)	11.45 - 12.15 h Bauch & Stretch (Katharina)
						17:00 - 18:00 h Orientalischer Tanz (Uschi)						
18.00 - 19.00 h Pilates (Gabi)	18.00 - 19.00 h Hot Iron (Patricia)	18.30 - 19.30 h Indoor-Cycling (Petra)	18.30 - 19.30 h Shape Up (Patricia)	18.00 - 19.00 h Bodystyling (Peggy)	18.00 - 19.00 h Best Age 50plus (Alexandra)	18:00 - 19:00 h Zumba (Uschi)	18.00 - 19.00 h Shape Up (Patricia)	18.00 - 19.00 h WS Gym (Gabi)				
19.00 - 20.00 h Muscle Attack (Sandra B.)	19.00 - 20.00 h Rückenfitness (Marc)	19.30 - 20.30 h WS Gym (Petra)	19.30 - 20.00 h Bauch & Stretch (Patricia)	19.00 - 20.00 h Tai Robic (Peggy)	19.00 - 20.00 h Qi Gong (Birgit)	19.00 - 20.00 h Fat-Burner (Frank)		19.00 - 19.30 h Bauch & Stretch (Gabi)				
20.00 - 21.00 h Indoor-Cycling (Christina)	20.00 - 20.30 h Bauch & Stretch (Marc)	20.30 - 21.00 h Bauch & Stretch (Petra)		20.00 - 21.00 h Indoor-Cycling		20.00 - 21.00 h Power-Dumbell (Frank)		19.30 - 20.30 h Indoor-Cycling (Oli)				

Internet: [www.relax-fit.de](http://www.relax-fit.de)

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Änderungen vorbehalten

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### Öffnungszeiten Obertshausen

Mo - Fr 10:00 - 22:00 Uhr  
Sa 11:00 - 16:00 Uhr  
So 10:00 - 15:00 Uhr

### Öffnungszeiten Offenbach

Mo & Mi 07:00 - 22:00 Uhr  
Di, Do, Fr 10:00 - 22:00 Uhr  
Sa 11:00 - 18:00 Uhr  
So 10:00 - 16:00 Uhr