

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 10:30 KRAFT & FLEX						
10:30 - 11:30 PILATES	10:30 - 11:30 REHA SPORT	10:30 - 11:30 RÜCKENFIT		10:00 - 11:00 REHA SPORT	10:00 - 11:30 FITNESSBOXEN	11:00 - 12:00 BODYFIT
11:30 - 12:15 FUNKTIONELLES TRAINIING			11:00 - 12:00 WORKOUT / RÜCKEN	11:00 - 12:00 PILATES	11:30 - 12:45 YOGA	12:00 - 13:00 PILATES
17:30 - 18:30 REHA SPORT			NEU 17:00 - 18:00 Ab 16.9 REHA SPORT			
18:30 - 19:30 FATBURNER BAUCH BEINE PO	19:30 - 20:30 REHA SPORT	18:00 - 19:00 PILATES	18:00 - 19:00 KRAFT & FASZIEN			
19:30-20:30 INDOOR-CYCLING	20:30 - 21:30 KICKBOX FITNESS		19:30 - 20:30 INDOOR-CYCLING			