

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