

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00							
07:00							
08:00	08:15 - 09:00  REHA-KURS				08:30 - 09:15  REHA-KURS		
09:00	09:15 - 10:15  BAUCH & FASZIEN	09:15 - 10:00  BODY PUMP	09:15 - 10:30  YOGA (Eva)	09:15 - 10:15  BOP & CARDIO	09:30 - 10:15  BODY BALANCE		
10:00	10:30 - 11:15  REHA-KURS	10:15 - 11:15  PILATES		10:30 - 11:15  REHA-KURS	10:45 - 11:30  REHA-KURS	10:15 - 11:15  ZUMBA	10:15 - 11:15  SPINNING
11:00						11:15 - 12:15  BODY ATTACK	11:30 - 12:30  BODY BALANCE
12:00						12:15 - 13:15  BODY PUMP	
13:00							
14:00							
15:00							
16:00			16:00 - 16:45  REHA-KURS				
17:00		17:30 - 18:00  STEP & BOP	17:00 - 17:45  RÜCKENFITNESS	16:45 - 17:30  REHA-KURS		17:30 - 18:00  LMI STEP	
18:00	17:45 - 18:45  STEP & BOP	18:00 - 19:00  BODY ATTACK	18:00 - 18:45  BODY PUMP	17:30 - 18:15  LMI STEP		18:00 - 19:00  BODY PUMP	
19:00	19:00 - 19:45  BODY PUMP	19:15 - 20:15  SPINNING	19:00 - 19:45  BODY BALANCE	18:15 - 19:15  ZUMBA		19:15 - 20:15  SPINNING	
20:00	20:00 - 21:15  YOGA (Bettina)		20:00 - 20:45  REHA-KURS	20:15 - 21:00  REHA-KURS			
21:00							
22:00							
23:00							