

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09.00-10.00	09.15-10.00 Reha Sport	09.30-10.15 Rückenfitness	09.15-10.00 Reha-Sport		09.30-10.30 Yogilates
10.00-11.00	10.00-10.45 Mobility	10.15-10.30 Six Pack	10.00-11.00 Pilates		10.30-11.30 Pilates
11.00-12.00	10.45-11.30 Hot Iron 1	11.00-11.45 Sitzgymnastik	11.00-12.00 Yogilates		
16.00-17.00			16.30-17.15 Reha-Sport		
17.00-18.00	17.15-18.30 Yoga	17.45-18.45 Jumping Fitness	17.15-18.00 Reha-Sport	17.30-18.45 Yoga	17.00-18.00 Hot Iron 1
18.00-19.00	18.30-19.30 Hot Iron 1	19.00-20.00 Yin-Yoga	18.00-19.00 PhysioGym	18.45-19.45 Jumping Fitness	
19.00-20.00	19.30-20.15 Yobility		19.00-20.00 Hot Iron	20.00-21.00 Hot Iron 2	
20.00-21.00			20.00-21.00 Iron Cross		

