

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
08.00-09.00	08.15-09.00 REHA-SPORT	08.30-09.15 REHA-SPORT		08.30-09.15 REHA-SPORT	08.30-09.30 TABATA & FASZIEN TRAINING
09.00-10.00	09.00-09.45 GANZKÖRPERTRAINING	09.30-10.15 REHA-SPORT	09.15-09.45 SCHWINGSTAB	09.30-10.15 REHA-SPORT	09.45-10.45 FIT & GESUND
10.00-11.00	10.00-10.45 REHA-SPORT	10.30-11.00 BECKENBODEN- GYMNASTIK	10.00-10.45 RÜCKENPOWER	10.30-11.15 REHA-SPORT	
11.00-12.00	11.00-11.45 TRITTSICHER	11.15-12.00 TRITTSICHER			11.00-12.00 HERZSPORT
15.00-16.00	15.30-16.15 KINDERREHASPORT				
16.00-17.00	16.30-17.15 REHA-SPORT		17.30-18.00 STRETCHING	16.30-17.30 HIP HOP AB 10 J.	16.30-17.15 REHA-SPORT
17.00-18.00	17.30-18.15 WIRBELSÄULEN- GYMNASTIK	17.00-18.00 BBP FATBURNER	18.00-19.00 FUNCTIONAL	17.45-18.30 STEP AEROBIC	17.30-18.15 REHA-SPORT
18.00-19.00	18.15-19.00 JUMPING FITNESS	18.15-19.15 ZUMBA	19.15-20.00 REHA-SPORT	18.35-19.35 HERZSPORT	18.15-19.15 JUMPING FITNESS & FASZIEN TRAINING
19.00-20.00				19.45-20.45 HERZSPORT	
KLEINER KURSRAUM		19.00-20.00 INDOOR CYCLING	18.00-19.00 PROGRESSIVE MUSKELENTSPANNUNG	19.15-20.00 INDOOR CYCLING	

