

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08.00-09.00	08.30-09.30 Sanfte Fitness VHS					Reha nur mit ärztlicher Verordnung
09.00-10.00		09.30-10.15 Reha-Sport	09.00-10.00 Zumba	09.30-10.30 Morning Yoga	09.30-10.15 Core Balance	
10.00-11.00	10.00-11.00 Fit in die Woche VHS	10.30-11.15 Reha-Sport			10.30-11.30 Body Pump	
15.00-16.00	15.45-16.30 Reha-Sport		15.30-16.15 Reha-Sport			
16.00-17.00	16.45-17.30 Reha-Sport		16.30-17.15 Reha-Sport	16.30-17.15 Reha-Sport	16.00-17.00 Pilates VHS	
17.00-18.00		Six Pack 18.00-18.15	17.15-18.00 Pilates	17.30-18.15 Core Balance	17.00-18.00 Rückenfit VHS	
18.00-19.00	18.00-19.00 Jumping	Tabata 18.15-19.15	18.00-19.00 Beat HIIT	18.15-18.30 Six Pack	18.30-19.30 Yoga VHS	
19.00-20.00	19.00-20.00 Power Yoga	19.15-20.15 Zumba	19.00-20.00 Strong	18.30-19.00 Fire Up		
20.00-21.00				19.00-20.00 Yoga VHS		

