

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09.00-10.00	09.15-10.00 Reha Sport		09.30-10.30 Rückenfitness	09.15-10.15 Total Body		
10.00-11.00	10.15-11.00 Reha Sport	10.30-11.30 FaYo	10.45-11.30 Reha Sport			10.30-11.30 Rückenfitness
11.00-12.00			11.45-12.30 Reha Sport			
16.00-17.00						
17.00-18.00	17.30-18.30 Tabata			17.00-17.45 Reha Sport		
18.00-19.00		18.30-19.30 Strong Nation	18.00-19.00 Zumba	18.30-19.30 Box Workout		
19.00-20.00	19.30-20.15 Step Aerobic	19.30-21.00 Yogilates	19.15-20.15 Box Out			
20.00-21.00	20.15-21.00 Rückenfitness					

