

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09.00-10.00	09.15-10.00 Reha Sport	09.30-10.15 Rückenfitness	09.15-10.00 Reha-Sport		09.00-10.00 Yin Yoga Plus	
10.00-11.00	10.00-11.00 Yobility 1	10.15-10.30 Six Pack	10.00-11.00 Pilates			
11.00-12.00		11.00-11.45 Sitzgymnastik				
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		
18.00-19.00	18.30-19.15 DeepWork		18.00-19.00 PhysioGym	18:45-19.30 Tabata		
19.00-20.00	19.15-20.00 Yobility 2	19.00-20.00 Yin Yoga	19.00-20.00 Hot Iron			
20.00-21.00			20.00-21.00 Iron Cross			

