

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
REHA Stationstraining 8:30 – 9:15		REHASPORT 8:30 – 9:15	Vitaler Rücken 8:30 – 9:15	WSG 8:30 – 9:15
Fit & Gesund Zirkel 9:15 – 10:00	Bodyworkout 9:00 – 10:00	Power Zirkel 9:15 – 10:00	Pilates 9:15 – 10:00	Sumbo Fit 9:15 – 10:00
REHASPORT 10:15 – 11:15	Yoga 10:00 – 11:00			
		REHASPORT 16:00 – 17:00		
Orth. Krafttraining 17:00 – 18:00		Step 17:00 – 18:00	BBP 17:00 – 18:00	
Indoor Cycling 18:00 – 19:00	BBP 18:00 – 19:00	Pilates 18:00 – 19:00	Funktionelles Training 18:00 – 19:00	Indoor Cycling 18:00 – 19:00
Body Fit (Cross) 19:00 – 19:45	Zumba 19:00 – 20:00	Indoor Cycling 19:00 – 20:00		
Sixpack 19:45 – 20:15			Yoga 19:00 – 20:00	REHASPORT 19:00 – 20:00

gültig bis 08.11.2015