

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
REHA Stationstraining 8:30 – 9:15		REHASPORT 8:30 – 9:15	Vitaler Rücken 8:30 – 9:15	Wirbelsäulengymnastik 8:30 – 9:15
Fit & Gesund Zirkel 9:15 – 10:00	Bodyworkout 9:15 – 10:00	Power Zirkel 9:15 – 10:00	Pilates 9:15 – 10:00	Fit & Gesund 9:15 – 10:00
REHASPORT 10:15 – 11:15	Yoga 10:00 – 11:00	Sumbo Fit 10:00 – 11:00	BBP 10:00 – 11:00	
		REHASPORT 16:00 – 17:00		
Orth. Krafttraining 17:00 – 18:00	Fatburner 17:00 – 18:00	Basic Step 17:00 – 18:00	Fit & Heavy 17:00 – 18:00	Muscle Kills 17:00 – 18:00
Bokwa 18:00 – 19:00	BBP 18:00 – 19:00	Pilates 18:00 – 19:00	Muscle Styling 18:00 – 19:00	Zumba 18:00 – 19:00
Indoor Cycling 18:00 – 19:00		Indoor Cycling 18:00 – 19:00		Indoor Cycling 18:00 – 19:00
Body Fit 19:00 – 20:00	Sumbo Fit 19:00 – 20:00	Pump & Style 19:00 – 20:00	Yoga 19:00 – 20:00	REHASPORT 19:00 – 20:00
Bauch intensiv 20:00 – 20:30				
Rehasport	Kraftkurse	Ausdauerkurse	Gesundheitskurse	Entspannungskurse