

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:30 - 10:30 Yoga	08:30 - 09:15 Reha Sport	09:00 - 10:00 European Spin Gym	08:30 - 09:15 Reha Sport	06:40 - 07:10 LesMills GRIT	12:15 - 13:15 Fat Burner Step (Basics)	10:30 - 11:30 Indoor-Cycling
16:30 - 17:15 Reha Sport	09:30 - 10:30 Body FIT	10:15 - 11:15 Kraftzirkel Geräte	09:30 - 10:30 Body FIT	09:00 - 10:00 European Spin Gym	13:20 - 14:20 BODYATTACK	11:45 - 12:45 Bodycombat
17:15 - 18:00 Bodycombat	10:45 - 11:30 Reha Sport	16:30 - 17:15 Reha Sport	10:30 - 11:30 Pilates	10:15 - 11:00 Reha Sport		12:50 - 13:50 Body Pump
18:00 - 18:30 LesMills GRIT	17:00 - 17:45 Reha Sport	17:30 - 18:30 European Spin Gym	16:00 - 16:45 Reha Sport	11:15 - 12:00 Reha Sport		
18:35 - 19:35 Body Pump	18:00 - 19:00 BODY FORMING INTERVALL (Step)	18:30 - 19:30 BODYATTACK	17:00 - 17:45 Reha Sport	17:00 - 18:00 Body Pump		
19:40 - 20:40 Indoor-Cycling	19:05 - 20:05 Body Pump	19:40 - 20:40 Indoor-Cycling	17:45 - 18:45 ZUMBA®	18:05 - 19:05 Bodycombat		
	20:15 - 21:00 Reha Sport		18:45 - 19:45 Pilates	19:10 - 20:10 Indoor-Cycling		
			19:45 - 20:45 Indoor-Cycling Externe Gruppe			