

Montag 07:00-21:30	Dienstag 08:30-21:30	Mittwoch 07:00-21:30	Donnerstag 08:30-21:30	Freitag 07:00-21:30	Samstag 09:00-16:00	Sonntag 09:00-20:00
Reha Sport 08:00 – 08:45		Cycling 08:15 – 09:15				
Rücken Fit 09:00 – 09:55	Body Definition 09:30 – 10:25	LES MILLS BODYPUMP 09:30 – 10:25	Rücken-Yoga 09:00 – 10:25		Cycling 09:30 – 10:15	
LES MILLS BODYPUMP 10:00 – 10:55	FitMix 10:30 – 11:25	Yoga 10:30 – 11:25		Body Definition 10:00 – 10:55	Pilates 10:30 – 11:25	Body Definition 10:00 – 10:55
Yoga 11:00 – 11:55	Reha Sport 11:30 – 12:15			Stretching 11:00 – 11:55	LES MILLS BODYATTACK 11:30 – 12:25	Step Intervall 11:00 – 11:55
				Reha Sport 12:00 – 12:45	LES MILLS BODYPUMP 12:30 – 13:25	
		Reha Sport 15:30 – 16:15				
		Reha Sport 16:30 – 17:15		High Definition 16:30 – 17:25		
Body Definition 17:30 – 18:25	Cycling 17:00 – 17:45	Reha Sport 17:30 – 18:15		Zumba 17:30 – 18:25		LES MILLS BODYPUMP 17:00 – 17:55
LES MILLS BODYPUMP 18:30 – 19:25	LES MILLS BODYPUMP 18:00 – 18:55	Body Definition 18:30 – 19:25	Kraft Ausdauer 18:00 – 18:55			LES MILLS BODYBALANCE 18:00 – 18:55
LES MILLS BODYBALANCE 19:30 – 20:25	LES MILLS BODYATTACK 19:00 – 19:55	Rücken Fit 19:30 – 20:20	Rücken Fit 19:00 – 19:55			
	Yoga 20:00 – 20:55					

