



Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	alle 14 Tage gerade KW	alle 14 Tage ungerade KW
9:30-10:15 RÜCKEN & RELAX 		9:30-10:15 REHA SPORT 		9:30-10:15 REHA SPORT 		9:30-10:15 RÜCKEN GYMNASTIK 		9:15-10:00 REHA SPORT 		Raum 1	
10:30-11:15 REHA SPORT 		10:30-11:15 REHA SPORT 		10:30-11:30 TONING WORKOUT 		10:30-11:30 PILATES 		10:15-11:00 REHA SPORT 		10:30-11:30 STEP für Einsteiger 	10:00-11:00 STEP
11:30-12:15 REHA SPORT 		11:30-12:15 REHA SPORT 						11:15-12:00 RÜCKEN GYMNASTIK / Rund um Fit 		11:45-12:30 TONING WORKOUT 	11:15-12:00 LANGHANTEL WORKOUT
15:45-16:30 Firmen-Fitness 		16:00-16:45 REHA SPORT 		16:15-17:00 Firmen-Fitness 				12:45-13:30 Firmen-Fitness 		Raum 2	
	16:45-17:30 Firmen-Fitness 	17:00-17:45 REHA SPORT 	16:30-17:30 KICK & PUNCH FITNESS KIDS 	17:15-17:35 Bauchmuskel Workout BMW 	17:15-18:00 REHA SPORT 	16:30-17:30 BOX-KIDS FIT 	17:45-19:00 SELBSTVERTEIDIGUNG für Frauen + Männer 	13:45-14:30 REHA SPORT 	14:30-15:15 Firmen-Fitness 	11:00-12:00 Indoor Cycling 	12:15-13:15 ZUMBA zin fitness
17:30-17:50 Bauchmuskel Workout BMW 	17:45-18:30 REHA SPORT 	18:00-18:45 RÜCKEN GYMNASTIK 	17:45-18:45 KICK & PUNCH FITNESS 	17:45-18:45 STEP 	18:15-19:00 REHA SPORT 	18:15-19:00 aero Sling 		16:00-16:45 REHA SPORT 	15:30-16:15 PIT Power Intervall Training 	Raum 2	
18:00-18:45 STEP 	18:45-19:30 Jump & Swing TRAMPOLIN 	19:00-20:00 ZUMBA zin fitness 	19:00-20:00 Indoor Cycling 	19:00-19:45 TONING WORKOUT 	19:15-20:00 REHA SPORT 	19:15-20:15 ZUMBA zin fitness 	19:15-20:00 Indoor Cycling 		16:30-17:15 PIT Power Intervall Training 	alle 14 Tage gerade KW	alle 14 Tage ungerade KW
19:00-19:45 TONING WORKOUT 	19:45-20:30 Indoor Cycling 			20:00-21:00 YOGA 				17:30-18:15 Jump & Swing TRAMPOLIN 	17:30-18:15 PIT Power Intervall Training 	Raum 2	
20:00-20:45 aero Sling 								18:30-20:00 RÜCKEN GYMNASTIK intensiv 	17:30-18:15 Jump & Swing TRAMPOLIN 	11:00-12:00 Indoor Cycling 	