

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.15 – 9.45 Fit über 60		9.30 – 10.30 Hatha Vinyasa Yoga		9.30 – 10.30 Jessis Special		
9.45-10.45 Hatha Vinyasa Yoga		10.30 – 11.30 Full Bodyworkout		10.30 – 11.30 Yogilates	10.30-11.30 Hatha Yoga	
10.45 – 11.45 Wirbelsäulen- gymnastik	16:00-16:45 Rehasport	12:00-12:45 Rehasport			11.30 – 12.00 Entspannungs- kurs	
17.45 – 18.45 Pilates	17:00-17:45 Rehasport			17.00 – 18.00 HIIT in der Box	12.30 – 13.30 Indoor-Cycling	
18.45 – 19.15 Bauch spezial	18.30 – 19.30 After Work in der Box	19.00 – 20.30 Indoor-Cycling	18.00 – 19.00 Indoor-Cycling	16.00 – 16.45 Rehasport	13.45 – 14.45 Les Mills Bodypump	
19.15 – 20.15 Wirbelsäulen- gymnastik	18.30 – 19.30 Dynamic Yoga		18.00 – 19.00 Les Mills Bodypump	17.00 – 17.45 Rehasport		
19.15 – 20.15 Indoor-Cycling	19:35 – 20.05 Entspannungs- kurs		19.15 – 20.30 Yoga	18.00 – 19.00 Yoga		

*Zeitänderung