

UHRZEIT

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|----|---|---|---|---|---|------------------------|
| 8 | 8:30 Wirbelsäulen gymnastik | 8:30 Reha | 8:30 Reha | 8:30 Reha | 8:30 Wirbelsäulen gymnastik | |
| 9 | 9:15 9:30 Pilates | 9:15 9:30 Reha | 9:15 9:30 Body Balance | 9:15 9:30 Reha | 9:15 9:30 Bauch, Beine, Po | 10:00 |
| 10 | 10:30 Reha | 10:15 10:30 Reha | 10:30 Bauch & Rücken | 10:15 10:30 Reha | 10:30 Reha | JH Minis |
| 11 | 11:00 Reha | 11:15 Reha | 11:15 | 11:15 11:30 Reha | 11:00 Reha | JH Minis |
| 12 | 11:45 12:00 Reha | | | 12:15 Reha | 11:45 | JH Kids / Teens |
| 13 | | | | | | |
| 14 | | | 14:00 JH Minis | | 14:00 Reha | |
| 15 | 15:30 JH Minis | 15:00 JH Minis | 14:45 15:00 JH Minis | 15:00 JH Minis | 15:00 JH Minis | |
| 16 | 16:15 16:30 JH Minis | 15:45 16:00 JH Kids / Teens | 15:45 16:00 JH Minis | 15:45 16:00 JH Kids / Teens | 15:45 16:00 JH Kids / Teens | |
| 17 | 17:15 17:30 Reha | 16:45 17:00 JH Kids / Teens | 16:45 17:00 JH Kids / Teens | 16:45 17:00 JH Kids / Teens | 16:45 17:00 JH Kids / Teens | |
| 18 | 18:15 18:30 Reha | 17:45 18:00 Reha | 17:45 18:00 Reha + Rückenfit | 17:45 18:00 Reha | 17:45 18:00 JH Kids / Teens | |
| 19 | 18:45 19:00 Reha | 18:45 19:00 Bauch, Beine, Po | 18:45 19:00 Reha | 18:45 19:00 Bauch, Beine, Po | 18:45 | |
| 20 | 19:15 19:30 Reha | 19:00 20:00 Bauch, Beine, Po | 19:15 20:00 Reha | 19:15 20:00 Bauch, Beine, Po | 20:00 | |