













	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	Sonntag	
	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	im Wechsel: (gerade KW)		
Vormittag			9.30 - 10.15 Reha-Sport		9.30 - 10.15 Reha-Sport		9.30 - 10.15 Rückengym. Neu!	9.45 - 10.45  Neu!	9.30 - 10.15 Reha-Sport				
	11.00 - 11.30 Stretch & Harmony	10.00 - 11.00  Neu!	10.25 - 11.10 Reha-Sport		10.30 - 11.30 Toning-Workout (gerade KW)	10.30 - 11.15 Indoor-Cycling* (ungerade KW) Neu!	10.30 - 11.30 Yoga Neu!		10.20 - 11.05 Reha-Sport		10.30 - 11.30 Step mit Pep		
	16.00 - 16.45 Firmen-fitness		11.15 - 12.00 Reha-Sport						11.15 - 12.00 Rückengym./ Rund um Fit		11.30 - 12.15 Toning-Workout		11.00 - 12.00 Indoor-Cycling*
Nachmittag	16.50 - 17.35 Firmen-fitness			16.00 - 16.45 Reha-Sport					12.45 - 13.30 Firmen-fitness		12.15 - 13.15 Yoga		12.30 - 13.30 Karate 
	17.35 - 17.55 Bmw			17.00 - 17.45 Reha-Sport		17.30 - 17.50 Bmw	17.15 - 18.00 Langhantel- Workout Neu!	16.45 - 17.45 Box-Fit Kid's* Neu!	13.45 - 14.30 Reha-Sport Neu!				
	18.00 - 18.45 Step-Fatburner		18.00 - 18.45 Rückengym.		18.00 - 18.55 Toning-Workout	18.00 - 18.45 Reha-Sport	18.00 - 19.00  ZUMBA fitness	18.00 - 19.20 Box-Fit*	14.30 - 15.15 Firmen-fitness		oder: (ungerade KW)		
Abend	18.50 - 19.35 Toning-Workout	18.50 - 19.35 Jump & Swing* Neu!	18.50 - 19.50  ZUMBA fitness	18.55 - 19.40 Rund um Fit	19.00 - 20.00 Step mit Pep	18.45 - 19.30 Reha-Sport	19.05 - 19.50  aeroSling*		16.00 - 16.45 Reha-Sport		10.30 - 11.30 Step f. Einsteiger (Raum 1)		
	19.45 - 20.30  aeroSling*	19.45 - 20.30 Indoor-Cycling*		19.45 - 20.30 Indoor-Cycling*	20.15 - 21.15 Yoga	19.30 - 20.15 Reha-Sport	20.00 - 21.00 Karate 	19.55 - 20.40 Indoor-Cycling*	16.50 - 17.35 Reha-Sport		10.30 - 11.15 Jump & Swing* (Raum 2) Neu!		
	20.35 - 21.20 Reha-Sport			20.40 - 21.40 Karate 					18.00 - 19.30 Rückengym. Intensiv Neu!		11.35 - 12.20  aeroSling* Neu!		
	Für Alle	Fortgeschritten	Über Krankenkassen	* Kursanmeldung / Platzreservierung erforderlich!									