Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00-9:45 Rehasport	9:00-9:55 Pilates		9:30-10:25 Strong Back	9:30-10:25 Upper Body & Balance		
10:00-10:55 Strong Back	10:00-10:55 Functional Fitness		10:30-11:15 Rehasport	10:30-10:55 Mobility & Stretch ★	10:00-10:55 Zumba	
					11:00-11:55 Blackroll Strech & Relax	
16:00-16:45 Physio-Pilates			16:00-16:45 Physio-Pilates	16:30-17:25 Strength & Cardio		
17:00-17:45 Step Aerobic-Body Toning	17:00-17:55 Strength & Cardio	17:00-17:45 Rehasport	17:00-17:45 Rehasport	17:30-18:25 Strength, Body, Balance		
18:00-18:55 HOT IRON	18:00-18:45 Rehasport	18:00-18:55 Full Body	18:00-18:25 HIIT	18:30-19:55 Salsa Cardo		
19:00-19:55 Yin & Faszien-Yoga ★	19:00-19:55 Zirkeltraining	19:00-19:55 Spinning	18:30-19:25 Hatha-Yoga ★			
	20:00-20:55 Zumba		19:30-20:25 Spinning			

- Rumpfstabilität
- Choreographie
- Relax & Stretch
- Kraft und Ausdauer
- Kraft und Balance
- ★ Livestream

09.12.2021