

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
REHA O 8.30 - 9.15	REHA O 8.00 - 8.45		REHA O 9.00 - 9.45		REHA O 9.15 - 10.00	
FUNCTIONAL TRAINING 9.30 - 10.30		MUSCLE POWER 9.30 - 10.30		FUNCTIONAL TRAINING 9.30 - 10.30	YOGA 10.30 - 12.00	
		REHA O 12.00 - 12.45		REHA O 12.00 - 12.45		
REHA O 16.00 - 16.45	CORE TRAINING 17.00 - 17.30	MUSCLE POWER 17.30 - 18.30	<b>NEU</b> HIIT 17.30 - 18.15	<b>NEU</b> BAUCH BEINE PO 17.30 - 18.15		
<b>NEU</b> INDOORCYCLING 18.00 - 19.00 (Halle)	FUNCTIONAL TRAINING 17.30 - 18.30	<b>NEU</b> INDOORCYCLING 18.45 - 19.45 (Halle)	<b>NEU</b> TRX 18.30 - 19.30 (Bridge)	STEP BASIC 18.15 - 19.00		
STEP CHOREO 18.15 - 19.00	<b>NEU</b> TRX 18.30 - 19.30 (Bridge)	TAI CHI 18.45 - 19.30	ZUMBA 18.30 - 19.30	MUSCLE POWER 19.15 - 20.15		
MUSCLE POWER 19.15 - 20.15	YOGA 18.45 - 19.45	REHA O 19.30 - 20.15				
	WSG/REHA 20.00 - 20.45		WSG/REHA 20.00 - 20.45			