

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		REHA O 8.30 - 9.15	REHA O 8.30 - 9.15			
FUNCTIONAL TRAINING 10.00 - 11.00		MUSCLE POWER 10.00 - 11.00	<b>NEU</b> INDOORCYCLING 10.00 - 11.00	FUNCTIONAL TRAINING 10.00 - 11.00	YOGA 10.30 - 12.00	SPECIALS SIEHE AUSHANG!
REHA O 12.00 - 12.45	REHA O 12.00 - 12.45	REHA O 12.00 - 12.45		REHA O 12.00 - 12.45	<b>NEU</b> CORE TRAINING 15.00- 15.30	
	CORE TRAINING 16.45- 17.00				<b>NEU</b> FUNCTIONAL TRAINING 15.30 - 16.30	
INDOORCYCLING 18.00 - 19.00	FUNCTIONAL TRAINING 17.00 - 18.00	REHA O 18.30 - 19.15	TRX 18.00 - 19.00 (Bridge)	<b>NEU</b> STEP BASIC 18.00 - 18.45		
<b>NEU</b> STEP CHOREO 18.00- 19.00	<b>NEU</b> FASZIEN TRAINING 18.00 - 18.30	INDOORCYCLING 18.45 - 19.45	ZUMBA 18.30 - 19.30	MUSCLE POWER 18.45 - 19.45		
MUSCLE POWER 19.00 - 20.00	YOGA 18.45 - 19.45					
	REHA O 20.00 - 20.45		REHA O 20.00 - 20.45			