

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	09:00 Rehasport		9:00-9:55 Yoga			
10:00 Bauch&Rücken	10:00 Nordic Walking	10:00 Body-Workout	10:00 Qi-Gong**	9:30 Outdoor-Fit	10:00 WSG	
11:00 Yoga	11:30 Zumba®gold	11:00 WSG		11:00 Pilates	11:00 Body-Workout	11:00 Body-Workout
12:15 Rehasport					12:00 Yoga	12:00 deepMix
				15:30 Yoga		13:00 Pilates
17:00 Zumba®	17:00 WSG	16:30 Yoga	17:00 Five Gym	17:00 Pilates-Mix		
18:00 Yoga	18:00 Body Workout	18:00 Pilates	18:00 WSG	18:00 Body-Workout		
19:30 HIT		19:00 deepWork®	19:00 Body-Workout			
20:15 Mentaltraining	20:00 Pilates-Mix		20:00 Vinyasa-Yoga			
					**externer Anbieter	