

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9.00 – 9.45 Body Workout		9.00 – 9.45 Faszien Workout	9.00 – 10.00 Yin Yoga	9.00 – 9.45 HIIT	10.30 – 11.30 Fitboxen
10.00 – 10.45 Functional Training		10.00 – 10.45 Starker Rücken			12.00 – 13.00 SV für Frauen
					
	16.00 – 17.00 Reha+				
	17.00 – 18.00 Reha+	17.00 – 17.45 Tabata	17.15 – 18.10 Body-Boost		
18.00 – 19.00 Indoor Cycling	18.00 – 19.00 Reha+		18.15 – 19.10 Faszien/Mobility	18.30 – 19.30 Indoor Cycling	
19.15 – 20.00 Functional Training	19.15 – 20.00 Zumba / Dance	19.30 – 20.15 Functional Training	19.15 – 20.00 Starker Rücken		