

		MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	Reha Vitalität steigern Rücken stabilisieren Muskulatur stärken Figur formen Ausdauer optimieren Virtueller Kurs
Raum Kraftquelle		08.30 – 09.25 RÜCKENFIT	08.30 – 09.15 REHA-SPORT	08.30 – 09.25  FIVE & FASZIEN	09.30 – 10.25 BODYWORK	08.30 – 09.25 RÜCKENFIT	14.00 – 14.55 tone Created by LESMILLS	10.00 – 10.55 BODYPUMP Created by LESMILLS	
		10.30 – 11.15 REHA-SPORT	09.30 – 10.25 BODYPUMP Created by LESMILLS	09.30 – 10.25 tone Created by LESMILLS	10.30 – 11.15 REHA-SPORT	09.30 – 10.25  ZUMBA	15.00 – 15.55 BODYATTACK Created by LESMILLS	11.00 – 11.55 BODYCOMBAT Created by LESMILLS	
		15.30 – 16.15 REHA-SPORT	10.30 – 11.15 REHA-SPORT	10.30 – 11.15 REHA-SPORT	11.30 – 12.15 REHA-SPORT	10.30 – 11.15 REHA-SPORT			
		16.30 – 17.25 RÜCKENFIT	16.00 – 16.45 REHA-SPORT	16.00 – 16.45 REHA-SPORT	16.00 – 16.45 REHA-SPORT	17.30 – 18.25 BODYCOMBAT Created by LESMILLS			
		17.30 – 18.25 BODYFIT	17.00 – 17.45 REHA-SPORT	17.30 – 18.25 BODYPUMP Created by LESMILLS	17.00 – 17.45 REHA-SPORT	19.00 – 19.55  ZUMBA			
		18.30 – 19.25 BBP	18.00 – 18.55 BODYATTACK Created by LESMILLS	18.30 – 19.25 LMI STEP Created by LESMILLS	18.00 – 19.00 LES MILLS Shapes				
		20.30 – 21.15 REHA-SPORT	19.00 – 19.55 BODYCOMBAT Created by LESMILLS		19.00 – 19.55 BODYPUMP Created by LESMILLS				
Raum Lichtblick		07.00 – 08.00 GOOD MORNING YOGA							
		09.30 – 10.25 BODYBALANCE Created by LESMILLS			08.30 – 09.30 YOGA		16.00 – 16.55 BODYBALANCE Created by LESMILLS		
		18.30 – 19.30 YOGA	20.00 – 21.00 YOGA FÜR DEN ABEND	19.45 – 20.40 PILATES	17.30 – 18.30 YOGA	19.30 – 20.30 POWER YOGA			
Raum RMP			09.30 – 10.25  RPM LES MILLS		09.30 – 10.25 RPM Created by LESMILLS			11.15 – 12.10 RPM Created by LESMILLS	
		18.30 – 19.25 RPM Created by LESMILLS	19.00 – 19.55 RPM Created by LESMILLS	18.30 – 19.00 RPM Created by LESMILLS LIGHT	18.00 – 18.55  RPM LES MILLS	18.30 – 19.25 RPM Created by LESMILLS			
Raum Körperwerkstatt				09.30 – 10.15 Functionaltraining					
		12.15 – 13.00 Functionaltraining	19.00 – 19.45 Functionaltraining	12.15 – 13.00 Functionaltraining	18.00 – 18.55 Functionaltraining	15.00 – 15.45 Functionaltraining			