

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
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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	17.30 – 18.25 BODYPUMP Created by LESMILLS	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	18.30 – 19.25 LMI STEP 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		bis 31.3. 18.00 – 19.00 BODYWORK			
19.30 – 20.25 LMI STEP Created by LESMILLS	19.00 – 19.55 BODYCOMBAT Created by LESMILLS		ab 1.4. 18.00 – 19.00 LESMILLS Shapes			
20.30 – 21.15 REHA-SPORT			19.00 – 19.55 BODYPUMP Created by LESMILLS			

Raum Lichtblick

07.00 – 08.00 GOOD MORNING YOGA			08.30 – 09.30 YOGA			
09.30 – 10.25 BODYBALANCE Created by LESMILLS			17.30 – 18.30 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	20.00 – 21.00 BODYBALANCE Created by LESMILLS	19.30 – 20.30 POWER YOGA		

Raum RMP

	09.30 – 10.25 RPM LESMILLS		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 LESMILLS	18.30 – 19.25 RPM Created by LESMILLS		

Raum Körperwerkstatt

12.15 – 13.00 Functionaltraining	19.00 – 19.45 Functionaltraining	09.30 – 10.15 Functionaltraining	12.15 – 13.00 Functionaltraining	18.00 – 18.55 Functionaltraining	15.00 – 15.45 Functionaltraining	
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- Reha
- Vitalität steigern
- Rücken stabilisieren
- Muskulatur stärken
- Figur formen
- Ausdauer optimieren
- Virtueller Kurs