

Vorübergehender Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:45 – 09:30 Reha		08:15 – 9:00 Reha		
	09:30 – 10:15 Reha	09:10 – 09:55 Reha	09:15 – 10:00 Reha	09:15 – 10:15 Bauch-Rücken-Fit
10:15 – 11:00 Workout	10:00 – 11:00 Cycling	10:05 – 10:50 Reha	10:10 – 10:55 Reha	
		11:00-11:45 Full-Body Workout		11:00 – 11:45 Reha
16:40 – 17:25 Reha	16:45 – 17:30 Reha			
17:35 – 18:05 Powerbauch		17:05 – 17:50 Reha	17:15 – 18:00 Reha	18:00 – 19:30 Boxen
18:15 – 19:15 ZUMBA		18:00 – 19:00 Power Pump	18:00 – 19:00 Cycling	
18:15 – 19:15 Cycling	18:30 – 19:30 Bodystyling		18:10 – 18:55 BBP	
	19:00 – 20:00 Cycling	19:10 – 20:10 Yoga	19:00 – 19:45 Zumba	
20:00 – 20:45 Reha	20:00 – 20:45 Reha			

