

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8.00 - 8.45 Good Morning Mobility			8.00 - 9.15 Yin Yoga	
9.00 - 9.45 BBP	10.00-10.45 Reha		9.30 - 10.15 Starker Rücken	8.00 - 8.45 Body Workout
	11.00-11.45 Reha		10.30 - 11.30 Functional Training	
		13.00 - 13.30 Aktiver Mittag		
	17.00 - 17.45 Uhr Reha	17.00 - 17.45 Faszien Workout		16.00 - 16.45 Tabata
18.00 - 19.00 Indoor Cycling	18.00 - 18.45 Reha	18.00 - 18.30 Tabata	18.00 - 19.00 Indoor Cycling	
19.15 - 20.00 BBP	19.00 - 19.45 Reha		19.15 - 20.00 Starker Rücken	19.00 - 20.00 Functional Training