

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
			8.15 – 9.15 Yin Yoga	
9.00 – 9.45 Body Workout	10.00 – 11.00 Reha+	9.00 – 9.45 Faszien Workout		9.00 – 9.45 HIIT
10.00 – 11.00 Pilates	11.00 – 12.00 Reha+	10.00 – 10.45 Starker Rücken	10.30 – 11.15 Jumping	
				15.15 – 15.45 Bauch
16.30 – 17.30 Hip Hop Kids <small>6 – 10 Jahre</small>	17.00 – 18.00 Reha+	17.00 – 17.45 Faszien Workout	17.15 – 18.15 Punch & Burn	16.00 – 16.45 Tabata
18.00 – 19.00 Indoor Cycling	18.00 – 19.00 Reha+	18.00 – 18.45 Body Zirkel	18.15 – 19.10 Yoga / Pilates Balance	17.00 – 18.00 Hip Hop Dance
19.30 – 20.15 Jumping	19.15 – 20.00 Zumba / Dance	19.00 – 20.00 Indoor Cycling	19.15 – 20.00 Starker Rücken	19.00 – 20.00 Indoor Cycling

Hip Hop Kids = Als 10er Karte buchbar!

Reha+ = Nur mit gültiger Rehabilitationsbescheinigung