

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00	09:00	09:00	09:00	09:00
10:00	10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00	11:00
12:00	12:00	↕ 12:00 Reha-Sport	12:00	↕ 12:00 Reha-Sport
13:00	13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00	14:00
15:00	15:00	15:00	15:00	15:00
16:00	16:00	16:00	16:00	16:00
17:00	17:00	17:00	17:00	17:00
↕ 18:00 RückenPower (AOK)	18:00	↕ 18:00 RückenWorkout (AOK)	↕ 18:00 Bauch-Beine-Po & Bodyfitness (AOK)	18:00
↕ 19:00 Reha-Sport	↕ 19:00 Faszienworkout (AOK) Circuit Power	↕ 19:00 Wirbelsäulengymnastik	↕ 19:00 Fitness Power im Studio (AOK)	19:00
20:00	20:00	20:00	20:00	20:00