

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00	09:00	09:00	09:00	09:00
				10:00 Bauch-Beine-Po (AOK)
		11:00 Reha-Sport		11:00 Reha-Sport
				16:00 Reha-Sport
	17:00 Reha-Sport	17:00 Rückenworkout (AOK)		17:00 RückenPower (AOK)
18:00 Reha-Sport	18:00 Faszienworkout (AOK)	18:00 Wirbelsäulengymnastik	18:00 FitnessPower (AOK)	