

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	Bauch-Beine-Po (AOK)
12:00	12:00	Reha-Sport	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	Reha-Sport
18:00	Reha-Sport	RückenWorkout (AOK)	18:00	18:00
Reha-Sport	Faszienworkout (AOK)	Wirbelsäulengymnastik	FitnessPower (AOK)	19:00
19:00	19:00	19:00	19:00	19:00
20:00	20:00	20:00	20:00	20:00