


Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00 Rehasport		09:00 Vinyasa Power Yoga 75 min		09:00 Rehasport
10:00 Pilates		10:30 Pilates		
		15:30 Pilates		
	16:00 Rehasport			
17:00 Pilates	17:00 Rehasport	16:30 Rehasport	16.30 Rehasport	
18:00 Step+Fitness	18:00 Rückenschule	17:30 		
	19:00 Pilates+Vinyasa Power Yoga im Wechsel		18:30 Pilates	
			19:30 Vinyasa Power Yoga 75 min	