

gültig ab: 09.01.24 n



| Uhrzeit | Mo | Di | Mi | Do | Fr | So |
|---------|--------------------------------|--------------------|---------------------|--------------------------------|----|----|
| 8:30 | | | | Rehasport 08:30 – 09:15 Uhr | | |
| 9:00 | | | | | | |
| 9:30 | | FITmitKID | FITmitKID | | | |
| 10:00 | | | | | | |
| 10:30 | | Rückenfit | Yoga am Morgen | | | |
| 11:00 | Herzsport 11:45 – 12:45 Uhr | | | | | |
| 12:00 | | | | | | |
| 15:00 | | | | | | |
| 15:30 | | | | | | |
| 16:00 | | | | | | |
| 17:00 | | | | | | |
| 17:30 | | Rückenfit | | Yoga 17:45– 19:00 Uhr | | |
| 18:00 | | | | | | |
| 18:30 | | Functional Workout | Mobility für Männer | | | |
| 19:00 | | | | Rückenfit 19:00 – 20:00 Uhr | | |
| 19:30 | | Yoga | | | | |
| 20:00 | | | | | | |
| 20:30 | | | | | | |
| 20:45 | | | | | | |
| 20:45 | | | | | | |