

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
9:00 - 10:00 Gesund & Fit in den Tag	9:00 - 9:45 Rehasport*	9:00 - 10:00 Gesund & Fit in den Tag	8:45 - 9:30 Rehasport*	8:15 - 9:00 Rehasport*
10:00 - 11:00 Gesund & Fit in den Tag	10:00 - 11:00 Gesund & Fit in den Tag	10:00 - 11:00 Gesund & Fit in den Tag	9:30 - 10:15 Rehasport*	9:00 - 10:00 Gesund & Fit in den Tag
10:00 - 11:00 Indoor Cycling	11:00 - 11:45 Rehasport*	17:00 - 17:45 Rehasport*	16:30 - 17:15 Rehasport*	10:00 - 11:00 Gesund & Fit in den Tag
13:00 - 13:45 Rehasport*	17:00 - 17:45 Rehasport*	17:45 - 18:30 Rehasport*	17:15 - 18:00 Rehasport*	10:00 - 11:00 Indoor Cycling
17:15 - 18:00 Rehasport*	18:00 - 19:00 Zumba	18:30 - 19:30 Indoor Cycling	18:00 - 19:00 After Job Rückenfit	19:00 - 20:30 Yoga
18:00 - 18:45 Rehasport*	19:00 - 20:00 Step Aerobic	18:30 - 19:30 Power Move	18:00 - 19:00 Indoor Cycling	
19:00 - 20:00 Indoor Cycling			19:00 - 20:00 Power Jump	
19:00 - 20:00 Faszientraining			20:00 - 21:00 Fitmix & Relax	

Für alle Kurse gilt: Anmeldung 2 Tage vor Kurs unter: 02242/2210 oder über die Studio App