

Fitness / Freizeit / Wellness

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00	Les Mills Virtual 08:00 - 09:00	Les Mills Virtual 08:00 - 09:00	Les Mills Virtual 08:00 - 09:15	Les Mills Virtual 08:00 - 09:00	Les Mills Virtual 08:00 - 09:00		
08:15							
08:30							
08:45							
09:00	Funktionstraining 09:00 - 09:30	Yoga 09:00 - 10:00 Hatha+Yin Yoga	TRX Suspension Training 09:15 - 10:00	Rehasport 09:00 - 09:45	Funktionstraining 09:00 - 09:30	Les Mills Virtual 09:00 - 15:00	Les Mills Virtual 09:00 - 15:00
09:15	Rehasport 09:30 - 10:15			Les Mills Virtual 09:45 - 12:30	Rehasport 09:30 - 10:15		
09:30		Les Mills Virtual 10:15 - 16:00	Funktionstraining 10:00 - 10:30				
09:45	Les Mills Virtual 10:30 - 12:30			Les Mills Virtual 11:15 - 12:30			
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
13:00							
13:15							
13:30							
13:45							
14:00							
14:15							
14:30							
14:45							
15:00		Les Mills Virtual 15:00 - 16:00	Rehasport 15:00 - 15:45	Les Mills Virtual 15:00 - 16:00	Les Mills Virtual 15:00 - 16:00		
15:15							
15:30							
15:45							
16:00	Funktionstraining 16:00 - 16:30	Rehasport 16:00 - 16:45	Funktionstraining 16:00 - 16:30	Rehasport 16:00 - 16:45	Funktionstraining 16:00 - 16:30		
16:15	Les Mills Virtual 16:30 - 17:30		Les Mills Virtual 16:45 - 18:30	Les Mills Virtual 16:30 - 18:00	Les Mills Virtual 16:45 - 18:00	Les Mills Virtual 16:30 - 18:00	
16:30							
16:45							
17:00							
17:15	Yoga 17:30 - 18:30 Hatha+Yin Yoga						
17:30							
17:45							
18:00			GRIT 18:00 - 18:30	Bauch Beine Po 18:00 - 18:45	TRX Suspension Training 18:00 - 18:45		
18:15	Indoor Cycling 18:30 - 19:30	Bauch Beine Po 18:30 - 19:15					
18:30							
18:45			BodyPump 18:45 - 19:45				
19:00				SH'BAM 19:00 - 20:00	BodyPump 19:00 - 20:00		
19:15							
19:30							
19:45	GRIT 19:30 - 20:00	TRX Suspension Training 19:30 - 20:15					
20:00	Les Mills Virtual 20:00 - 22:00		Funktionstraining 20:00 - 20:30	Indoor Cycling 20:00 - 21:00	Les Mills Virtual 20:00 - 21:00		
20:15							
20:30		Rehasport 20:30 - 21:15	Les Mills Virtual 20:30 - 22:00				
20:45							
21:00				Les Mills Virtual 21:00 - 22:00			
21:15							
21:30							
21:45							