

Ab dem
01. 06. 2024

UHRZEIT

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
8						
	8:45	8:30	8:30	8:30	8:45	
	Wirbelsäulen gymnastik	Reha	Reha	Reha	Wirbelsäulen gymnastik	
9	9:15	9:15	9:15	9:15		
	9:30	9:30	9:30	9:30	9:30	
	Pilates	Reha	Body Balance	Reha	Bauch, Beine, Po	10:00
10	10:15	10:15	10:15	10:15		JH Minis
	10:30	10:30	10:30	10:30	10:30	10:45
	11:00	Reha	Bauch & Rücken	Reha	11:00	11:00
11	11:15	11:15	11:15	11:15	Reha	JH Minis
	11:45			11:30	11:45	11:45
	12:00			Reha		12:00
12	12:15			12:15		JH Kids / Teens
	12:45					12:45
13						
14			14:00		14:00	
			JH Minis		Reha	
			14:45		14:45	
		15:00	15:00	15:00	15:00	
15	15:30	JH Minis	JH Minis	JH Minis	JH Minis	
	JH Minis	15:45	15:45	15:45	15:45	
		16:00	16:00	16:00	16:00	
16	16:15	JH Kids / Teens	JH Minis	JH Kids / Teens	JH Kids / Teens	
	16:30	16:45	16:45	16:45	16:45	
	JH Minis	17:00	17:00	17:00	17:00	
17	17:15	JH Kids / Teens	JH Kids / Teens	JH Kids / Teens	JH Kids / Teens	
	17:30	17:45	17:45	17:45	17:45	
	Reha	18:00	18:00	18:00	18:00	
18	18:15	Reha	Reha + Rückenfit	Reha	JH Kids / Teens	
	18:30	18:45	18:45	18:45	18:45	
	Reha	19:00	19:00	19:00		
19	19:15		19:15			
	19:30	Bauch, Beine, Po	Reha	Bauch, Beine, Po		
	Reha	20:00	20:00	20:00		
20	20:15					