


Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Bauch-Beine-Po 09.30–10.00 Marie	Body & Mind 10.30–11.30 Jeannette	Pilates 09.30–10.00 Lidia	Faszien - Trigger 10.00–10.30 Marie	Full-Body-Workout 09.30–10.00 Lidia		<p>Sumba</p> <p>14tägig</p> <p>12.00 – 13.00</p> 
Rücken-Fitness 10.00–10.30 Marie		Stretch & Relax 10.00-10.30 Lidia	Stretch & Relax 10.30-11.00 Marie	Intervalltraining 10.00-10.30 Lidia		
Reha-Sport 10.45–11.30 Marie	Mittagspause	Mittagspause	Mittagspause			
Reha-Sport 18.00–18.45 Marie	Full-Body-Workout 18.00–18.30 Marie		Reha-Sport 16.30–17.15 Marie			
Reha-Sport 19.00–19.45 Marie	Tabata-Sixpack 18.30–18.45 Marie	Pilates 18.30 – 19.00 Lidia	SUMBA 18.15–19.15 Lidia			
Bauch-Beine-Po 20.00-20.30 Lidia	Stretch & Relax 18.45-19.15 Marie	Sumba 19.00 – 20.00 Lidia	pump 19.30–20.15 Lidia			
Tabata-Sixpack 20.30-20.45 Lidia			Faszien - Trigger 20.15-20.45 Lidia			