

Montag			Dienstag			Mittwoch			Donnerstag		
Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3
		8:30 – 9:25 Rückenfit			8:30 – 9:25 Pilates			8:30 – 9:20 Reha – Sport Rückenfit			8:30 – 9:25 Rückenfit
	9:00 – 10:00 Sensitiv-Cycling Zirkeltraining	9:30 – 10:00 Stretch & Relax	9:30 – 10:30 Ü 60 Karate					9:30 – 10:20 Bodylift (TUS)	9:30 – 10:30 Zumba Gold	9:30 – 10:30 Indoor-Cycling	
		10:00 – 10:45 Rückenfit						10:30 – 11:15 Rückenfit			
			17:00 – 18:00 Reha - Sport		16:30– 17:30 Gesundheits-Karate für Krebs - Patientinnen			17:30 – 18:15 Rückenfit			
18:00 – 19:00 NIA		18:00 – 18:55 BBP			18:30 – 19:25 Zumba			18:20 – 18:55 Stretching	18:00 – 18:55 Yoga - Pilates		
19:00 – 19:55 Pilates	18:30 – 19:30 Indoor-Cycling	19:00 – 20:30 Fitness-Boxen	19:00 – 20:00 Rückenfit		19:30 – 19:55 Six - Pack	18:30 – 19:25 Zumba Step	18:45 – 19:45 Indoor-Cycling	19:00 – 19:55 Effektive Bodystyling	19:00 – 20:00 Zumba		19:00 – 19:45 In-/Outdoor Training
20:00 – 20:55 Step Fat - Burner	20:00 – 20:55 Indoor-Cycling		20:00 – 21:00 Rowing		20:00 – 20:55 Bodylift		20:00 – 21:00 Indoor-Cycling	20:00 – 20:55 Rückenfit		19:30 – 20:30 Indoor-Cycling	19:45 – 20:45 Fitness-Boxen

Herz - Kreislauf

Entspannung

Muskel - Skelett

Reha - Sport



Freitag			Samstag			Sonntag		
Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3
8:30 – 9:30 60 + Hanteltraining	9:00 – 10:00 Sensitiv- Cycling Zirkeltraining			10:30 – 11:30 Indoor- Cycling	10:30 – 11:30 Fitness- Boxen		10:30 – 11:30 *Cycling Crew-System *1.10 - 30.04.	10:30 – 11:30 Bodylift
		17:30 – 18:25 TRX – Crosstraining	11:00 – 12:00 Zoca / Zumba					
	18:30 – 19:30 Indoor- Cycling							

