

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Sonntag |
|-----------------------------------|-----------------------------------|------------------------------------|-----------------------------------|--|--|
| 09:00 - 10:00 Wirbelsäulen Gym | 09:00 - 10:00 BOP | 09:00 - 10:00 Rückenfit* | 09:00 - 10:00 Wirbelsäulen Gym | | |
| 10:00 - 10:45 Orthop. Reha-Gym | 10:00 - 10:45 Orthop. Reha-Gym | 10:00 - 10:45 Orthop. Reha-Gym | 10:00 - 10:45 Orthop. Reha-Gym | 10:00 - 10:45 Orthop. Reha-Gym | 11:00 -12:00 Yoga* |
| | | 18:00 - 18:50 Langhantel | 18:00 - 18:50 Bodystyling | | |
| 18:00 - 18:50 Bodystyling | 18:00 - 19:00 Zumba | 18:00 - 19:00 * Fitness - Boxen | 18:15 - 19:00 Orthop. Reha-Gym | 17:00 - 17:45 Step I | Functional Training |
| 18:15 - 19:00 Orthop. Reha-Gym | 18:15* Functional Fitness | 19:00 - 19:50 Fatburner & Core | 19:00 - 19:50 Wirbelsäulen Gym | 18:00 - 18:50 Langhantel | Gesundheit |
| 19:00 - 19:50 Fatburner & Core | 19:15 - 20:15 Yoga* | 19:00 - 19:45 Orthop. Reha-Gym | 19:00 20:00 Spinning* | 19:00 - 19:30 Bauch&Rücken Express | Koordination |
| 19:00 - 20:00 Spinning* | 19:30 - 20:15 Orthop. Reha-Gym | 19:45* Functional Fitness | 19:15* Rückenfit | 19:00 - 20:00 Spinning* | Kraftausdauer |
| | | 19:45 - 20:45 Fitness - Boxen* | | | Orthop-Reha-Gym (mit ärztl. Verordnung) |

* Anmeldung erforderlich.

