

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
9 - 10	9:30 HathaYoga 	9:30 RehaSport 	9:30 RehaSport 		9:30 RehaSport 
10 - 11		10:15 RehaSport 	10:15 RehaSport 		10:15 RehaSport 
11 - 12					
15 - 16					
16 - 17	15:30 AOK Yoga Start 02.05.2022 (Andreas) 				
		16:30 Rehasport  (Sabrina)			
17 - 18	16:45 AOK Yoga Start 02.05.2022 (Andreas) 	17:15 Rehasport  (Sabrina)		17:15 Rehasport  (Sabrina)	17:00 Bauch-Beine-Po  (Myriam)
18 - 19	18:00 Rückenfit  (Sabrina)	18:00 Bauch-Beine-Po  (Carolin)	18:00 Pilates  (Myriam)	18:00 Rehasport  (Sabrina)	18:00 Pilates  (Myriam)
19 - 20	19:00 Fit Mix  (Sabrina)	19:00 Rückenfit  (Carolin)	19:00 Fit Mix  (Mi/Galina)	19:00 Hatha-Yoga  (Andreas)	
20 - 21					

