





Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2
	9:00 - 10:00 belegt	9:30 - 10:30 belegt		9:30 - 10:30 belegt	9:00 - 10:00 belegt	9:30 - 10:30 belegt		8:30 - 9:30 belegt	9:00 - 10:00 belegt				
10:30 - 11:30 Reha Sport Iveta	10:30 - 11:30 Body Workout Diana	11:00 - 12:15 Rücken & Stretch Diana		10:30 - 11:30 Reha Sport Saskia		11:00 - 12:15 Pilates Eva		10:00 - 12:00 belegt		10:30 - 12:00 Functional Training Kelly		10:30 - 11:40 <b>LES MILLS</b> Body Pump Daniela	
13:00 - 14:00 belegt		14:00 - 15:00 belegt		13:00 - 14:00 belegt		16:30 - 17:30 belegt				12:00 - 13:00  Kelly		11:40 - 12:10 <b>LES MILLS</b> CX WORX Daniela	
17:30 - 18:00 Intervall Leonie		17:30 - 18:40 <b>LES MILLS</b> Body Pump Nikki	17:30 - 19:00 belegt			17:30 - 18:30  Christin		17:30 - 18:00 <b>LES MILLS</b> CX WORX Kathy					
18:00 - 18:30 <b>LES MILLS</b> CX WORX Leonie	18:30 - 19:30 Reha Sport Saskia	18:40 - 19:40 Indoor- Cycling Christian		18:00 - 19:00 Faszien- Training Astrid		18:30 - 19:30 Indoor- Cycling Lars	18:30 - 19:30 Reha Sport Iveta	18:00 - 19:00 Langhantel- Training Andrea	18:00 - 19:00 <b>LES MILLS</b> Body Balance Kathy			15:30 - 16:30 Langhantel- Training Andrea	
18:30 - 19:30  Esteban	19:30 - 20:30 <b>LES MILLS</b> Body Balance Ron	19:40 - 20:40 Boxen Anja	19:00 - 20:00 Pilates Astrid	19:00 - 20:00  Kelly		19:40 - 20:40 Functional Training Niclas							
19:40 - 20:40 Functional Training Esteban													

In den Leerzeiten kann Tischtennis, Badminton und Basketball gespielt werden