





| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---|---|---|---|---------------|-----------------|---------------|
| 8:30 - 9:15 | | 8:30 - 9:15 | | | | |
| Reha Sport | | Reha Sport | | | | |
| 9:15 - 10:15 | | 9:15 - 10:15 | | | | |
| Bodystyling | | BBP intensiv | | | | |
| | | | 10:00 - 11:00 | | | 11:00 - 12:15 |
| | | |  | | | Yoga |
| Kinderbetreuung laut Aushang im Studio kostenlos für Mitglieder | | | | | 14:15 - 15:00 | |
| | | | | | Reha Sport | |
| | | | | | 15:00 - 16:00 | |
| | | | | | Fit ins Weekend | |
| 17:00 - 18:00 | 16:30 - 17:30 | 16:45 - 17:30 | 17:00 - 18:00 | 17:00 - 17:45 | | |
|  | Mental Balance | Sanfte Gymnastik | Line Dance | Reha Sport | | |
| | 17:30 - 18:15 | 17:30 - 17:45 | | | | |
| | Reha Sport | Fantasiereise Entspannung | | | | |
| | | | | | | |
| 18:15 - 19:00 | 18:15 - 19:15 | 18:00 - 19:00 | 18:00 - 18:45 | | | |
| Pilates | New Body | Drums Alive® AROHA Raum II | Reha Sport Gesunder Rücken | | | |
| | | | 18:00 - 19:00 | | | |
| | | |  | | | |
| | | | | | | |
| 19:00 - 19:45 | 19:30 - 20:30 | 19:00 - 20:00 | 19:00 - 20:00 | | | |
| Reha Sport |  |  | Power Workout | | | |

Unsere Öffnungszeiten:

| | vormittags | nachmittags |
|------------|---------------|---------------|
| Montag | 8:30 - 12:00 | 15:00 - 21:30 |
| Dienstag | 8:30 - 12:00 | 15:00 - 21:30 |
| Mittwoch | 8:30 - 12:00 | 15:00 - 21:30 |
| Donnerstag | 8:30 - 12:00 | 17:00 - 21:30 |
| Freitag | 8:30 - 12:00 | 15:00 - 21:30 |
| Samstag | | 14:00 - 18:00 |
| Sonntag | 10:00 - 13:00 | |