





| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--|--|--|--|-----------------------------|----------------------------------|-----------------------|
| 9:00 - 9:45 Reha Sport | | 9:00 - 9:45 Reha Sport | | | | |
| 9:45 - 10:45 Bodystyling | | 9:45 - 10:45 BBP intensiv | | 9:30 - 10:30 Bodyshaping | | |
| | | | 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  | 17:30 - 18:15 Reha Sport | 17:00 - 17:45 Sanfte Gymnastik | 17:00 - 18:00 Line Dance ab. 01.11.18 | 17:00 - 17:45 Reha Sport | | |
| | | 17:45 - 18:00 Fantasiereise Entspannung | | | | |
| 18:15 - 19:00 Pilates | 18:00 - 19:00 Mental Balance Raum II | 18:00 - 19:00 Drums Alive® AROHA im Wechsel siehe Aushang | 18:00 - 18:45 Reha Sport Gesunder Rücken | | | |
| | 18:15 - 19:15 New Body | | 18:00 - 19:00 HOT IRON Raum II | | | |
| | | | 18:45 - 19:45 Power Workout | | | |
| 19:00 - 19:45 Reha Sport | 19:30 - 20:30  | 19:00 - 20:00  | | | | |

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 | |