

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
<u>9.30-10.30</u> Bodystyling *Arnold*	<u>9.30-10.15</u> Rehasport *Margit*		<u>9.15-10.00</u> Bodyfit Best Ager *Doris*	<u>9.30-10.15</u> Rehasport *Margit*
	<u>10.15-11.00</u> Rehasport *Margit*			<u>10.15-11.00</u> Rehasport *Margit*
	<u>11.00-11.45</u> Rehasport *Margit*			<u>11.00-11.45</u> Rehasport *Margit*
<u>15.45-16.30</u> Rehasport *Margit*				<u>15.45-16.30</u> Rehasport *Margit*
<u>17.30-18.25</u> Yoga *Nicole*		<u>17.15-18.00</u> Pilates *Tina*		<u>16.30-17.15</u> Rehasport *Margit*
<u>18.30-19.20</u> Bodyforming *Regina*		<u>18.00-18.45</u> Zumba *Tina*	<u>18.30-19.45</u> Rehasport *Tanja*	<u>17.15-18.00</u> Rehasport *Margit*
<u>19.30-20.30</u> Power Dumbell *Arnold*		<u>18.45-19.30</u> HILIT *Tina*	<u>19.30-20.15</u> Rehasport *Tanja*	
<u>19.30-20.30</u> Functional Fitness *Michael*			<u>19.30-20.30</u> Functional Fitness *Michael*	

Stand: 03.02.2025