

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | |
|------------------------------------|---|---|---|--|---|---|
| 09.30 ▶ 10.30 Fit in den Morgen | 08.30 ▶ 09.00 Mittelstufe, anschl. Kraftausd. + Stretching | 08.30 ▶ 09.30 Body Mix | 08.30 ▶ 09.30 Reha Rücken & Beckenboden | 17.00 ▶ 18.30 Kletterwand Kinder | 09.00 ▶ 10.00 Rückenfitness | 10.00 Nordic Walking DFG/Messegelände |
| 17.00 ▶ 17.45 Einsteiger Recom | 09.00 ▶ 10.00 Reha Senior | 10.00 ▶ 11.00 Reha Rücken (Frauen) | 08.30 ▶ 09.00 Mittelstufe, anschl. Kraft + Stretching | 17.30 ▶ 18.15 Reha Rückenfitness | 10.00 ▶ 10.45 Einsteiger Recom | 10.15 ▶ 11.15 Zumba |
| 17.30 ▶ 18.30 Pump Up | 10.15 ▶ 11.00 Reha Rücken | 11.00 Klangmeditation | 09.30 ▶ 10.30 Figurfit | 18.15 Body Soul | 17.30 ▶ 18.30 FAKS (Funktion, Aus- dauer, Kraft Stretching) | 11.15 ▶ 12.15 Pump Up |
| 17.30 ▶ 18.30 Reha Rückenzirkel | 11.00 Klangmeditation | 16.00 ▶ 17.00 Reha "Geistige Behinderung" | 09.30 ▶ 10.30 Tai Chi Gong | 18.15 ▶ 19.15 Total Body | 18.00 ▶ 19.00 Fortgeschrittene | 12.15 ▶ 12.45 Bauch intensiv |
| 18.00 ▶ 18.45 Einsteiger Recom | 17.00 Progressive Muskelentspannung | 17.00 ▶ 18.00 Reha Diabetiker | 10.30 ▶ 12.00 Yoga | 18.30 ▶ 19.30 Reha Haltungs- korrektur Kinder | 18.30 ▶ 19.15 Reha Stretching | 15.00 Ernährung Gruppe |
| 18.30 ▶ 19.30 Reha Rückenzirkel | 17.00 ▶ 18.00 Fitness Boxen | 18.00 ▶ 19.00 Pilates | 14.00 Reha Hockergymnastik (Wichernhaus) | 18.30 ▶ 20.00 Kletterwand Jugend- liche & Erwachsene | 19.15 ▶ 20.30 Yoga | |
| 18.30 ▶ 19.00 Bauch Beine Po | 18.00 ▶ 19.00 FAKS (Funktion, Aus- dauer, Kraft Stretching) | 18.00 ▶ 19.00 Mittelstufe | 14.30 ▶ 15.30 QiGong | 19.15 ▶ 20.15 Boxen | | Sonntag |
| 19.00 ▶ 20.00 Pilates | 18.00 ▶ 19.00 Fortgeschrittene | 19.00 ▶ 19.55 Zumba | 15.30 ▶ 17.00 Yoga | 20.15 ▶ 21.15 Yoga | | 10.15 ▶ 11.15 Body Design |
| 20.00 ▶ 21.00 Zumba | 19.00 ▶ 19.30 Bauch Beine Po | 20.00 ▶ 21.00 Reha Lende Beine Hüfte | 16.30 Mittelstufe | | | 11.00 ▶ 12.00 Fortgeschrittene |
| | 19.30 ▶ 20.30 Reha Hals Nacken Arm | | | | | 11.15 ▶ 12.15 Zumba |
| | 20.00 Body Soul | | | | | 12.00 ▶ 13.00 Reha Fit |

Indoor Cycling

Bauchkiller
Montag ▶ Freitag
09.30 + 18.30
Samstag 5 vor zwölf
Sonntag 12.50