

Montag	Dienstag	Mittwoch	Donnerstag		Freitag	Samstag
09.30 ▶ 10.30 Fit in den Morgen	09.00 ▶ 09.30 Mittelstufe, anschl. Kraftausd. + Stretching	09.00 ▶ 10.00 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/Messe Gelände
17.00 ▶ 17.45 Einsteiger Recom	09.00 ▶ 10.00 Reha Senior	10.00 ▶ 11.00 Reha Rücken (Frauen)	09.00 ▶ 09.30 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