

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
Raum	Gym	Kraft	Gym	Kraft	Gym	Kraft	Gym	Kraft	Gym	Kraft	Gym	Kraft
08:00							08:00 – 08:45					
08:30							Reha WS					
09:00	09:00 – 09:55		09:00 – 09:55		09:00 – 09:55		09:00 – 09:55		09:00 – 09:55			
09:30	Rückenfit	09:15 – 10:30	Rückenfit	09:15 – 10:30	Rückenfit	09:15 – 10:30	Rückenfit	09:15 – 10:30	Rückenfit	09:15 – 10:30		
10:00	10:00 – 10:55	rehalife VITAL	10:00 – 10:55	rehalife VITAL	10:00 – 10:55	rehalife VITAL	10:00 – 10:55	rehalife VITAL	10:00 – 10:55	rehalife VITAL	10:00 – 10:45	
10:30	Rückenfit	10:15 – 11:30	Rückenfit	10:15 – 11:30	Rückenfit	10:15 – 11:30	Rückenfit	10:15 – 11:30	Rückenfit	10:15 – 11:30	Reha WS	
11:00	11:00 – 11:55	rehalife VITAL	11:00 – 11:55	rehalife VITAL	11:00 – 11:55	rehalife VITAL	11:00 – 11:55	rehalife VITAL	11:00 – 11:55	rehalife VITAL	11:00 – 11:55	
11:30	Rückenfit	11:15 – 12:30	Rückenfit	11:15 – 12:30	Rückenfit	11:15 – 12:30	Rückenfit	11:15 – 12:30	Rückenfit	11:15 – 12:30	Rückenfit	
12:00	12:00 – 12:55	rehalife VITAL		rehalife VITAL	12:00 – 12:55	rehalife VITAL	12:00 – 12:55	rehalife VITAL	12:00 – 12:55	rehalife VITAL	12:00 – 12:55	
12:30	Hockerfit				Rückenfit		Hockerfit		Rückenfit		Rückenfit	
13:00	13:00 – 13:45				13:00 – 13:55		13:00 – 13:55		13:00 – 13:55			
13:30	Reha Hocker				Rückenfit		Hockerfit		Rückenfit			
14:00					14:00 – 14:45		14:00 – 14:55		14:00 – 14:55			
14:30					Reha WS		Rückenfit		Rückenfit			
15:00	15:00 – 15:55		15:00 – 15:45		15:00 – 15:55		15:00 – 15:55		15:00 – 15:45			
15:30	Rückenfit	15:15 – 16:30	Reha WS		Rückenfit	15:15 – 16:30	Rückenfit	15:15 – 16:30	Reha WS			
16:00	16:00 – 16:55	VITAL Kraft	16:00 – 16:55		16:00 – 16:55	VITAL Kraft	16:00 – 16:55	VITAL Kraft				
16:30	Rückenfit	16:15 – 17:30	Rückenfit		Rückenfit	16:15 – 17:30	Rückenfit	16:15 – 17:30				
17:00	17:00 – 17:55	rehalife VITAL	17:00 – 17:55		17:00 – 17:55	rehalife VITAL	17:00 – 17:55	rehalife VITAL				
17:30	Pilates	17:15 – 18:30	Rückenfit		Rückenfit	17:15 – 18:30	Rückenfit	17:15 – 18:30				
18:00	18:00 – 18:55	rehalife VITAL	18:00 – 18:55		18:00 – 18:55	rehalife VITAL	18:00 – 18:55	rehalife VITAL				
18:30	Pilates		Rückenfit		Pilates		Rückenfit					
19:00			19:00 – 19:55		19:00 – 19:55		19:00 – 19:45					
19:30			Rückenfit		Rückenfit		Reha WS					