

	Montag			Dienstag			Mittwoch	
Extern/Online	1 OG	2 OG	Extern/Online	1 OG	2 OG	Extern/Online	1 OG	2 OG
Qigong Entspannungsraum 10:30 - 11:30	Yoga 10:00 - 11:30	Reha Ortho 11:00 - 11:45		Prävention 09:30 - 10:30	Reha Ortho 10:00 - 10:45		Eltern-Kind 09:30 - 10:30	Reha Ortho 9:15 - 10:00 Qigong 10:00 - 11:15
	Indoor Cycling 11:40 - 12:40			Eltern-Kind 10:30 - 11:30	Reha Ortho 11:00 - 11:45			Reha Hocker 11:30 - 12:15
			Pilates ONLINE/LIVE 16:00 - 17:00	HipHop 16:15 - 17:15	Reha Ortho 16:00 - 16:45		Lebenshilfe 16:15 - 17:00	Reha Ortho 16:00 - 16:45
	Prävention 17:00 - 18:00	Yoga 16:30 - 18:00	Flying Pilates Entspannungsraum 17:00 - 18:00	HipHop 17:15 - 18:15	Reha Kids 16:50 - 17:35		Gelenke in Bewegung 17:00 - 18:00	Feldenkrais 17:00 - 18:00
Zumba Rögy Neubau 17:30 - 18:30	Bodystyle 18:00 - 19:00	Dance Aerobic & Bodystyle 18:00 - 19:30			Qigong 18:10 - 19:25	After Work Meditation 18:00 - 19:00	FBI 18:00 - 19:00	Jumping 18:00 - 19:00
Pilates Rögy Neubau 18:30 - 19:30	Strong Nation 19:00 - 20:00					Reha Ortho Hilda-Heinemann 18:30 - 19:30	Indoor Cycling 19:00 - 20:30	Reha Ortho 19:05 - 19:50
	Reha Ortho 20:00 - 20:45	Jumping 19:30 - 20:30				Kundalini-Yoga Rögy Altbau 19:00 - 20:30		Jumping 20:00 - 21:00
	Fitness	Gesundheit & Entspannung		Rehasport	Tanz	Kinder/Jugend		

Kursplan Fitness, Gesundheit u. Entspannung

Kursplan Fitness, Gesundheit u. Entspannung

Donnerstag

Freitag

Wochenende + Wasser

Outdoor/Online	1 OG	2 OG	Outdoor/Online	1 OG	2 OG	SAMSTAG	SONNTAG	WASSER
Pilates ONLINE/LIVE 08:30 - 09:30	Eltern-Kind 09:45 - 10:45	Prävention 09:00 - 10:00	Reha Ortho 09:00 - 09:45	Reha Ortho 09:45 - 10:30	Bodystyle 10:00 - 11:00	Yin-Yoga ONLINE/LIVE 10:00 - 11:30		Reha Wasser H2O Mo: 18:00 - 18:45
		Reha Ortho 11:00 - 11:45			Reha Neuro 11:00 - 11:45	Jump4it 10:00 - 11:00		Reha Wasser H2O Di: 15:00 - 15:45
			Yoga 15:30 - 17:00			Kindergeburtstag 11:00 - 14:00	Kindergeburtstag 11:00 - 14:00	Reha Wasser H2O Di: 17:45 - 18:30
		Fatburner+Step 17:30 - 18:30		Bouncing Kids 17:00 - 18:00				Reha Wasser H2O Di: 18:30 - 19:15
	Yoga ONLINE/LIVE 17:55 - 18:55	Pilates 18:30 - 19:30	Indoor Cycling 18:00 - 18:30	Jumping 18:00 - 19:00		Kindergeburtstag 15:00 - 18:00	Kindergeburtstag 15:00 - 18:00	Reha Wasser Sportbad Sa: 09:15 - 10:00
	Zumba 19:05 - 20:05	Fatburner 19:30 - 21:00	Indoor Cycling 18:35 - 19:35					Reha Wasser Sportbad Sa: 10:15 - 11:00
Aerial-Yoga Entspannungsraum 19:00 - 20:00								

Fitness

Gesundheit & Entspannung

Rehasport

Tanz

Kinder/Jugend