

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8.00 – 8.30		Neue Rückenschule			
8.30 – 9.00					
9.00 – 9.30	Pilates		Pilates	Pilates	
9.30 – 10.00					
10.00 – 10.30					
10.30 – 11.00					
11.00 – 11.30					
11.30 – 12.00					
15.00 – 15.30					
15.30 – 16.00					
16.00 – 16.30				Pilates	
16.30 – 17.00					
17.00 – 17.30	Pilates			Functional Training	
17.30 – 18.00					
18.00 – 18.30	Pilates	18.30-19.30 Laufschiule			
18.30 – 19.00					
19.00 – 19.30					
19.30 – 20.00					
20.00 – 20.30		Functional Training			
20.30 – 21.00					Stand 01/2022