

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00-09:50 WSG		09:00 - 09:50 WSG		
10:00-10:50 BODY SHAPE	10:00-10:45 REHA	10:00 - 10:50 WSG	10:00 - 10:45 REHA	10:00 - 10:50 BODY SHAPE
11:00-11:45 REHA			11:00 - 11.45 REHA	
			17:00 - 18:30 QI GONG	
		16:00 - 16:50 YOGA	17:00-17:25 FUNWALKING	
17:00 - 17:50 YOGA		17:00 - 17:50 FASZIEN	17:30 - 17:55 BAUCH	17:30 - 17:55 CORE
17:30 - 17:55 BAUCH	18:00-18:45 REHA	17:00 - 17:50 BODY SHAPE	17:30 - 18:15 REHA	18:00 - 18:50 BODY SHAPE
18:00 - 18:50 BODY Weight		18:00- 18:25 BAUCH	18:00 - 18:50 BODY SHAPE	
18:00-18:45 REHA		18:30 - 19:20 WSG	19:00 - 19:25 STRECHING	
19:00 - 19:50 BODY CROSS		18:00 - 18:50 STEP	18:45 - 19:30 REHA	



<b>Kraft</b>
<b>Ausdauer</b>
<b>Beweglichkeit</b>
<b>Körper &amp; Geist</b>
<b>Stabilität</b>
<b>Reha</b>