

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 – 11:00	9:15 – 10:00 WBS	9:15 – 11:00 Anti-Stress-Relax	9:15 – 10:00 Reha Sport 10:15-11:00 Super Fit	08:30 – 09:15 Reha Sport	9:15 – 10:00 WBS 10:15-11:00 Spinning 11:00-12:30 Fitness Führerschein		
	10:15 – 11:00 Fitness- Circle 10:30 – 11:15 Reha Sport			09:30 – 10:15 Reha Sport 10:30 – 11:15 Reha Sport			
14:00 – 18:00	16:00-17:30 Fitness Führerschein	16:15 – 17:00 Reha Sport	16:30 – 17:30 Cheerleader (Hertener Löwen)	15:15 – 16:00 Reha Sport	16:00 – 16:45 Reha Sport	15:30 – 17:00 Kickboxen	
			17:30 – 18:15 Spinning				
18:00 – 19:00	17:30 – 18:30 Body - Forming	18:00 – 18:45 WBS	18:15 – 19:00 Zumba	17:15 – 18:15 Sixpack/ Body Pump	17:00-18:30 Fitness Führerschein		
	19:00 – 19:45 Reha Sport			19:00 – 19:45 Reha Sport			
19:00 – 20:00	20:00-21:00 Boxen	M	19:15-20:15 Boxen		20:00 – 20:30 Wassergymnastik/ Latin Aqua-Dance Copa Ca Backum		
20:00 – 21:00	10:15 – 10:45 E		10:15 – 10:45 E 17:30-18:15		10:15 – 10:45 E		
Indoor Cycling							

E = Einsteiger

M = Mittel

Stand: Mai 2016