Montag
Yoga
08:45 - 10:15
Yoga Wall (T)
10:15 - 11:00
BODYBALANCE®
17:30 - 18:30
Pilates
18:30 - 19:15
Athletic Box
Yoga Wall
19:30 - 20:15
Dienstag
Pilates
09:30 - 10:15
KURS SAAL
Yoga Wall (T)
10:15 - 11:00
Yoga Wall (T)
11:00 - 11:45
Yoga
17:45 - 19:15
BODYBALANCE flex®
20:00 - 20:45
Mittwoch
Yoga
08:45 - 10:15
Yoga Wall (T)
11:15 - 12:00
Yoga
17:30 - 19:00
Yoga Wall
20:00 - 20:45
Donnerstag
Yoga Wall (T)
08:45 - 09:30
Pilates
09:30 - 10:30
Yoga Wall (T)
15:30 - 16:15
Schach Café
17:00 - 19:00
Yoga
17:15 - 18:30
Yoga Wall
18:30 - 19:15
Freitag
BODYBALANCE®
09:00 - 10:00
Yoga Wall (T)
10:45 - 11:30
BODYBALANCE®
11:00 - 12:00
Kurs Saal
Yoga Wall (T)
13:30 - 14:15
Yoga Wall
15:00 - 15:45
Body Shape
17:30 - 18:00
Yoga Wall
18:00 - 19:00
BODYBALANCE®
19:00 - 20:00

Montag

- **Reha Bungee** 08:00 - 08:45
- **Reha Training** 08:45 - 09:30
- **Reha Training** 09:30 - 10:15
- **Reha Training** 10:15 - 11:00
- **Reha Bungee** 11:00 - 11:45
- **Reha Training** 11:45 - 12:30
- **Reha Bungee** 16:15 - 17:00
- **Reha Training** 17:30 - 18:15
- **Reha Bungee** 18:30 - 19:15

Dienstag

- **Reha Bungee** 09:30 - 10:15
- **Reha Training** 10:15 - 11:00
- **Reha Training** 11:00 - 11:45
- **Reha Bungee** 11:45 - 12:30
- **Reha Bungee** 17:00 - 17:45
- **Reha Training** 18:00 - 18:45
- **Reha Bungee** 19:15 - 20:00

Mittwoch

- **Reha Bungee** 08:00 - 08:45
- **Reha Training** 09:00 - 09:45
- **Reha Training** 09:45 - 10:30
- **Reha Training** 10:30 - 11:15
- **Reha Bungee** 10:30 - 11:15
- **Reha Training** 11:15 - 12:00
- **Reha Bungee** 13:30 - 14:15
- **Reha Bungee** 16:30 - 17:15
- **Reha Training** 18:00 - 18:45
- **Reha Bungee** 19:00 - 19:45

Donnerstag

- **Reha Bungee** 08:00 - 08:45
- **Reha Training** 09:30 - 10:15
- **Reha Bungee** 10:30 - 11:15
- **Reha Training** 11:15 - 12:00
- **Reha Bungee** 14:30 - 15:15
- **Reha Training** 15:15 - 16:00
- **Reha Bungee** 16:30 - 17:15
- **Schach Café** 17:00 - 19:00
- **Reha Bungee** 19:15 - 20:00

Freitag

- **Reha Bungee** 10:00 - 10:45
- **Reha Training** 11:00 - 11:45
- **Reha Bungee** 11:30 - 12:15
- **Reha Training** 12:15 - 13:00
- **Reha Bungee** 12:45 - 13:30
- **Dr. Grüning Reha** 13:30 - 16:00
- **Reha Bungee** 14:15 - 15:00