Stand: 08.05.2024

09:30 Crosstraining	09:00 Reha Ortho	09:00 Reha Ortho	09:00 Reha Ortho	09:00 Fit mit Baby*
13:00 Aqua Reha	10:00 Reha Ortho	10:00 Reha Ortho	10:00 Reha Ortho	09:30 Crosstraining
16:00 Reha Ortho	16:00 Reha Ortho	10:30 Crosstraining	15:00 Kids Fightclub	10:00 Reha Ortho
17:00 Reha Ortho	17:00 Reha Einsteiger	11:30 Mobility 30min	17:00 Teen Fightclub	13:00 Aqua Reha
18:00 LesMills® BODYATTACK	18:00 Gesundheitsgymnastik	13:00 Aqua Reha	18:00 Crossfitness Einsteiger	17:00 Crosstraining
19:00 LesMills® BODYCOMBAT	19:00 Jumping Fitness®	16:00 Kindersport ab 4 Jahre	19:00 Jumping Fitness®	18:00 Yoga Pilates
19:00 LesMills® BODYBOXER		18:00 LesMills® BODYPUMP		