

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
08:00					
09:00	08:45 - 09:30 ↻ Rehasport	08:45 - 09:30 ↻ Rehasport	08:45 - 09:30 ↻ Rehasport	09:00 - 10:00 ↻ Rücken- und Faszientraining	
10:00	09:45 - 10:30 ↻ Rehasport	09:45 - 10:30 ↻ Rehasport	09:45 - 10:30 ↻ Rehasport	10:00 - 11:15 ↻ Yoga	
11:00	10:45 - 11:30 ↻ Rehasport				
12:00					
13:00					
14:00					
15:00					15:30 - 16:15 ↻ Rehasport
16:00					16:30 - 17:15 ↻ Rehasport
17:00	17:30 - 18:45 ↻ Yoga	17:15 - 18:10 ↻ Total Body Workout	17:15 - 18:00 ↻ Rehasport	17:00 - 17:45 ↻ Rehasport	
18:00		18:15 - 19:00 ↻ Rehasport	18:15 - 19:00 ↻ FIVE® Faszientraining	18:00 - 18:45 ↻ Rehasport	
19:00	19:00 - 20:00 ↻ Indoor Cycling	19:15 - 20:00 ↻ Rehasport	19:15 - 20:00 ↻ Rehasport	19:00 - 20:00 Indoor Cycling	
20:00		20:00 - 20:45 ↻ Rehasport			