

Kursraum 1	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:00					
08:30					
08:45				Tai Chi	Reha WS
09:00	Senioren			Senioren	online
09:15	Gymnastik				
09:30				<i>Doris</i>	<i>Rita</i>
09:45	<i>Livia</i>		Reha-		Senioren
10:00			Sport		Gymnastik
10:15			Wirbelsäule		
10:30			<i>Rita</i>		<i>Rita</i>
10:45					
11:00			Reha-		Senioren
11:15			Sport		Gymnastik
11:30			Wirbelsäule		
11:45			<i>Rita</i>		<i>Rita</i>
12:00					
15:45					
16:00					
16:15				Rücken-	
16:30	Rücken-			Training	Taekwon-
16:45	Fit	Reha-			Do
17:00		Sport		<i>Magnus</i>	
17:15	<i>Naomi</i>	Herz			
17:30				Rücken-	
17:45	Rhythm &	<i>Annette</i>		Training	
18:00	Power				
18:15				<i>Magnus</i>	Tai
18:30	<i>Tobias</i>				Chi
18:45		Tanz-		Judo	
19:00		Kreis I			
19:15					
19:30		<i>Irene</i>			
19:45			Tanz-		
20:00			Kreis II		
20:15					
20:30					
20:45					
21:00			<i>Irene</i>		
21:15					
21:30					
22:00					

Kursraum 2	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:00					
09:00					
09:15					Ausdauer
09:30					<i>Rita</i>
09:45					
10:00	Ausdauer				
10:15	<i>Livia</i>				Ausdauer
10:30					<i>Rita</i>
10:45					
15:00					
15:15					
15:30					
15:45					
16:00					
16:15					
16:30					
16:45					
17:00	Yoga				
17:15					
17:30	Sparte				
17:45					
18:00					
18:15					
18:30	<i>Florian</i>				
18:45					
19:00					
19:15					
19:30					
19:45					
20:00					
20:15					
20:30					
20:45					
21:00					
21:15					
21:30					
21:45					
22:00					