



	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3
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Rücken Aktiv –
Bewegen statt schonen

9:00–11:00

Aktiv mit und auf dem Stuhl

14:25–15:25

Aktiv 60 plus

15:30–16:45

Reha-Sport:
Knie - Hüfte

16:00–17:00

Reha-Sport:
Wirbelsäulengymnastik

16:45–17:45

Zumba – pausiert

18:00–19:15

Hot Iron

18:00–19:00

Wohlfühlgymnastik

18:00–19:00

Funktionsgymnastik

19:15–20:15

Aerobic

19:15–20:15

Tanzsport

19:00–22:00

Jazz

20:00–22:00

Jazz

20:15–21:45

Hot Iron

20:15–21:15



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