

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:00	Rehasport			Rehasport	
8:30	08:00-08:45			08:00-08:45	
9:00			Rücken-Fit		
9:30			09:00-09:45		
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
13:00					
13:30					
14:00					
14:30					
15:00					
15:30					
16:00					
16:30					
17:00		QiGong		Rücken-Fit	
17:30		17:00-17:45		17:00-17:45	
18:00					
18:30		Body-Reburn		Body-Reburn	
19:00		18:15-19:15		18:15-19:15	
19:30					
20:00					
20:30					