

Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
Trocken	Wasser	Trocken	Wasser	Trocken	Wasser	Trocken	Wasser	Trocken	Wasser
9.00-9.45 Rehasport		9.30-10.00 Funktions- training		9.00-9.45 Rehasport					
	10.00-10.45 Rehasport	10.00-10.30 Funktions- training			10.00-10.45 Rehasport	10.00-10.30 Funktions- training			
		10.35-11.05 Funktions- training					10.45-11.30 Rehasport		
	11.00-11.45 Rehasport		11.15-11.40 Funktions- training		11.00-11.25 Funktions- training		11.40-12.05 Funktions- training		
	15.30-15.55 Funktions- training				11.35-12.00 Funktions- training				
	16.00-16.25 Funktions- training			15.00-16.00 Herzsport					16.00-16.25 Funktions- training
	16.30-16.55 Funktions- training	16.30-17.00 Funktions- training			16.00-16.45 Rehasport		16.30-16.55 Funktions- training		16.30-16.55 Funktions- training
17.15-17.45 Funktions- training		17.00-17.45 Rehasport		17.00-17.30 Funktions- training		17.00-17.45 Rehasport	17.00-17.25 Funktions- training		17.00-17.25 Funktions- training
	18.00-18.45 Rehasport	17.45-18.30 Rehasport	17.00 -17.45 Rehasport		17.45-18.30 Rehasport	17.45-18.15 Funktions- training	17.45-18.30 Rehasport		17.30-18.15 Rehasport
18.00-18.45 Bauch Beine Po	19.00-19.45 Aqua Fitness	18.30-19.15 Heavy Metal		18.30-19.15 Zirkel- training		18.30-19.15 Schlingen- training			

