

Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
Trocken	Wasser	Trocken	Wasser	Trocken	Wasser	Trocken	Wasser	Trocken	Wasser
9.00-9.45 Rehasport	10.00-10.45 Rehasport	9.30-10.00 Funktions- training		9.00-9.45 Rehasport	10.00-10.45 Rehasport	8.30-9.00 Funktions- training		9.00-9.30 Funktions- training	9.45-10.30 Rehasport
	10.45-11.30 Rehasport	10.00-10.30 Funktions- training			10.45-11.10 Funktions- training	9.00-9.45 Rehasport	10.15-11.00 Rehasport		10.30-10.55 Funktions- training
	11.30-11.55 Funktions- training	10.30-11.00 Funktions- training			11.10-11.35 Funktions- training	9.45-10.15 Funktions- training	11.00-11.25 Funktions- training		11.00-11.45 Rehasport
	12.00-12.25 Funktions- training		11.15-11.40 Funktions- training		11.45-12.30 Rehasport		11.30-11.55 Funktions- training		11.45-12.30 Rehasport
	15.30-15.55 Funktions- training			14.00-14.45 Herzspport			15.00-15.45 Rehasport		
	16.00-16.25 Funktions- training		15.45 -16.30 Rehasport	15.00-15.45 Herzspport			15.45-16.10 Funktions- training		16.00-16.55 Funktions- training
	16.30-16.55 Funktions- training	16.30-17.00 Funktions- training	16.30-16.55 Funktions- training		16.00-16.45 Rehasport		16.15-16.40 Funktions- training		16.30-16.55 Funktions- training
17.00-17.30 Funktions- training	17.00-17.45 Rehasport	17.00-17.45 Rehasport	17.00 -17.45 Rehasport	17.00-17.30 Funktions- training	16.45-17.30 Rehasport	16.45-17.30 Rehasport	17.00-17.25 Funktions- training		17.00-17.25 Funktions- training
	17.45-18.30 Rehasport	17.45-18.30 Rehasport	17.45 -18.30 Rehasport		17.45-18.30 Rehasport	17.30-18.15 Rehasport	17.30-18.15 Rehasport		17.30-18.15 Rehasport
18.00-18.45 Bauch Beine Po		18.30-19.15 Heavy Metal	18.30-19.15 Aqua Fitness	18.00-18.45 Bauch Beine Po	18.30-19.15 Aqua Fitness	18.30-19.15 Schlingen- training			
	19.00-19.45 Aqua Fitness			19.00-19.45 Yoga					