

Zeit	Montag	Dienstag	Mittwoch	Donnerstag
8:30	Balance Workout	Step & Work	BBP	
10:00	Rückenfit	BBP	Pilates	Faszination
11:30	Yoga			REHA
15:15	Step & Work	REHA	Balance Workout	BBP
16:45	BBP	4 streatz	Power Dumbell	Rückenfit
18:15	Rückenfit	BBP+R	Zumba	Power Dumbell
19:45	deep WORK	Step & Work	Yoga	REHA

Freitag	Uhrzeit	Samstag	Sonntag	
Rückenfit	9:00	Yoga	Step & Work	
Step & Work	10:30	Step & Work	Balance Workout	
Power Dumbell	12:00	REHA	Power Dumbell	
	13:30	BBP	Step & Work	
Pilates				
	15:00	Dance & Work	BBP	
Faszination				
Dance & Fun				
BBP+R				

