

## Montag

## Dienstag

## Mittwoch

## Donnerstag

## Freitag

## Samstag

## Sonntag



Augsburger Reha-Kurs

06:00						
07:00						
08:00	08:15 - 09:00 REHA-KURS				08:30 - 09:15 REHA-KURS	
09:00	09:15 - 10:15 BAUCH & FASZIEN	09:15 - 10:00 BODY PUMP		09:15 - 10:15 BOP & CARDIO	09:30 - 10:15 BODY BALANCE	
10:00	10:30 - 11:15 REHA-KURS	10:15 - 11:15 PILATES		10:30 - 11:15 REHA-KURS		10:15 - 11:15 SPINNING
11:00					10:45 - 11:30 REHA-KURS	11:30 - 12:30 BODY BALANCE
12:00						11:15 - 12:15 BODY ATTACK
13:00						12:15 - 13:15 BODY PUMP
14:00						
15:00						
16:00			16:00 - 16:45 REHA-KURS			
17:00			17:00 - 17:45 RÜCKENFITNESS	16:45 - 17:30 REHA-KURS		
18:00	17:45 - 18:45 STEP & BOP	17:30 - 18:00 BODY ATTACK	18:00 - 18:45 BODY PUMP	17:30 - 18:00 BODY STEP	17:30 - 18:00 BAUCHKILLER	
19:00	19:00 - 19:45 BODY PUMP	18:15 - 19:00 BODY PUMP	19:00 - 19:45 BODY BALANCE	18:15 - 19:15 ZUMBA	18:15 - 19:00 BODY PUMP	
20:00	20:00 - 21:15 YOGA (Bettina)	19:15 - 20:15 SPINNING	20:00 - 20:45 REHA-KURS	19:15 - 20:15 STRONG NATION	19:15 - 20:15 SPINNING	
21:00				20:15 - 21:00 REHA-KURS		
22:00						
23:00						