

Kursplan fitness-area

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7:00						Geschlossen	
7:15							
7:30							
7:45							
8:00							
8:15	Rehasport	Rehasport		Rehasport			
8:30							
8:45							
9:00							
9:15		Rehasport	Xelerate HIIT		Xelerate Basic		
9:30							
9:45	Rehasport Gruppe 1 und 2			Rehasport		Rehasport Gruppe 1 und 2	
10:00		Rehasport Gruppe 5					
10:15							
10:30							
10:45							
11:00							
11:15							
11:30	Xelerate Basic			Xelerate HIIT	Xelerate Basic	Xelerate HIIT	Xelerate Basic
11:45							
12:00							
12:15							
12:30	Mittagspause						
12:45							
13:00							
13:15							
13:30	Xelerate §20			Xelerate §20			
13:45							
14:00							
14:15							
14:30						Xelerate Basic	Xelerate HIIT
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30			Rehasport	Xelerate §20	Rehasport		
16:45							
17:00							
17:15							
17:30	Xelerate §20			Rehasport	Rehasport		
17:45							
18:00			Rehasport		Rehasport		
18:15							
18:30							
18:45							
19:00	Xelerate Basic	Xelerate HIIT		Rehasport Gruppe 3 und 4			
19:15							
19:30			Body Forming				
19:45							
20:00					Xelerate HIIT	Geschlossen	
20:15	Indoor Cycling	Military Fitness		Indoor Cycling			
20:30			Xelerate Basic				
20:45							
21:00							
21:15							
21:30							
21:45							