

MONTAG

| Raum 1 | Raum 2 | Outdoor |
|--------------------------------|--|---------|
| | RS Plus 8:00 - 8:45 | |
| Hatha Yoga 9:30 - 10:55 | RS Plus 9:45 - 10:30 | |
| | | |
| RS Basic 12:15 - 13:00 | RS Plus 12:00 - 12:45 | |
| | | |
| RS Basic 15:00 - 15:45 | | |
| RS Plus 16:00 - 16:45 | NEU VITA FitJuniors 4-6 16:00 - 16:55 | |
| | NEU VITA FitJuniors 7-11 17:00 - 17:55 | |
| Pilates 18:00 - 18:55 | Functional 18:00 - 18:55 | |
| Vinyassa Yoga 19:00 - 20:25 | Rücken 19:00 - 19:55 | |
| | RS Plus 20:00 - 20:45 | |

DIENSTAG

| Raum 1 | Raum 2 | Outdoor |
|------------------------------|--|---------|
| RS Basic 8:45 - 9:30 | | |
| | NEU Bodystyling 9:30 - 10:25 | |
| | | |
| RS Basic 11:30 - 12:15 | | |
| RS Plus 12:15 - 13:00 | | |
| RS Basic 13:00 - 13:45 | | |
| | COPD* 14:00 - 14:55 | |
| RS Basic 15:00 - 15:45 | COPD* 15:00 - 15:55 | |
| RS Plus 16:00 - 16:45 | | |
| Simply Yoga 17:00 - 17:55 | | |
| Rücken Yoga 18:00 - 18:55 | TRX 18:00 - 18:55 | |
| | NEU Boxen 19:00 - 20:25 | |

MITTWOCH

| Raum 1 | Raum 2 | Outdoor |
|------------------------------|-----------------------------|---------|
| RS Plus 8:00 - 8:45 | | |
| Pilates 9:30 - 10:25 | | |
| Muscle Fit 10:30 - 11:25 | RS Plus 10:00 - 10:45 | |
| | | |
| RS Plus 12:00 - 12:45 | | |
| RS Basic 13:30 - 14:15 | | |
| | | |
| Ballett 5-7 15:00 - 15:55 | RS Basic 15:00 - 15:45 | |
| Ballett 7-9 16:00 - 16:55 | | |
| Pilates 17:00 - 17:55 | | |
| Zumba 18:00 - 18:55 | Functional 18:00 - 18:55 | |
| Ballett 19:00 - 19:55 | | |

DONNERSTAG

| Raum 1 | Raum 2 | Outdoor |
|------------------------------|---|---------|
| | RS Basic 8:30 - 9:15 | |
| Yoga 9:30 - 10:55 | RS Plus 9:30 - 10:15 | |
| | | |
| RS Basic 11:30 - 12:15 | | |
| RS Plus 12:15 - 13:00 | | |
| | | |
| RS Plus 16:00 - 16:45 | | |
| | NEU Aerial Yoga 17:00 - 17:55 | |
| Step 18:00 - 18:55 | RS Plus 18:00 - 18:45 | |
| Bodystyling 19:00 - 19:55 | Boxen 19:00 - 19:55 | |
| | RS Plus 20:00 - 20:45 | |

FREITAG

| Raum 1 | Raum 2 | Outdoor |
|------------------------------|---|---------|
| RS Basic 8:30 - 9:15 | | |
| Rücken 9:30 - 10:25 | | |
| RS Plus 10:00 - 10:45 | NEU Aerial Yoga 10:30 - 11:25 | |
| RS Plus 11:45 - 12:30 | | |
| | | |
| RS Basic 13:15 - 14:00 | | |
| RS Basic 14:00 - 14:45 | | |
| Ballett 3-5 15:00 - 15:55 | | |
| RS Plus 16:00 - 16:45 | | |
| Hatha Yoga 17:00 - 18:25 | | |

SAMSTAG

| Raum 1 | Raum 2 | Outdoor |
|---|------------------------------|---------|
| | | |
| | Zumba 10:45 - 11:40 | |
| Hatha Yoga 12:15 - 13:40 | Bodystyling 11:45 - 12:40 | |
| | | |
| Jeden 2. Samstag findet ein Aerial-Yoga-Workshop statt! Informationen dazu gibt es am Empfang. | | |

SONNTAG

| Raum 1 | Raum 2 | Outdoor |
|------------------------------|---|---------|
| Tabata 10:30 - 11:25 | | |
| Bodystyling 11:30 - 12:25 | NEU Aerial Yoga 11:30 - 12:25 | |
| | | |

Es gelten folgende Regeln:

- Wahrung der Hygieneregeln
- Handtuchpflicht
- Wenn vorhanden eigene Matte mitbringen

* nur für REHA-Sportler

Es gibt weiterhin Online-Kurse auf Youtube!

Der Plan ist temporär und unter Vorbehalt.
Sowohl für Raum als auch für Zeit.