


Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	7.40-8.05 MorningFlow			
	8.15-9.00 RehaSport			8.15-9.00 RehaSport
9.15-10.00 RückenFit	9.15-10.00 RehaSport	9.00-9.45 RehaSport	9.00-9.45 RehaSport	9.15-10.00 RehaSport
10.15-11.00 RehaSport	10.30-11.15 BodyFit	10.00-10.45 RehaSport	10.00-10.45 RehaSport	10.15-11.00 Fit ab 60+
11.15-12.00 RehaSport	11.30-12.00 FaszienFit	11.00-11.45 RehaSport	11.00-11.45 RehaSport	11.15-12.00 RehaSport
		12.00-13:00 Pilates		12.10-13:10 Move & Breath
16.00-16.45 RehaSport		16:00-16:45 SchoberFit*	16.00-16.45 RehaSport	 <p>Weitere Infos unter www.dc-vaihingen.de</p>
17.00-17.45 RehaSport	16.30-17.30 Beckenbodentraining*	17.00-17.45 RehaSport	17.00-17.45 RehaSport	
18.00-18.45 RehaSport	17.45-18.30 RehaSport	18.00-18.30 FaszienFit	18.00-18.45 Yoga	
18.55-19.25 FaszienFit	18.45-19.30 BodyFit	18.45-19.30 RückenFit	19.00-19.45 RehaSport	
19.35-20.20 RehaSport	19.45-20.30 Yoga	19.30-20.00 Mobility	20.00-20.45 RehaSport	
20.30-21.15 RehaSport				

*Anmeldung erforderlich