Wochenplan

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06:00								06:00
07:00								07:00
08:00								08:00
09:00	Rheumaliga Yoga							09:00
10:00	Rückbildung	Slow fit Training	Rheumaliga Yoga		Slow fit Training	Musik		10:00
11:00						Kindergruppe		11:00
12:00								12:00
13:00				Rheumaliga Feldenkrais				13:00
14:00					Rheumaliga Pilates			14:00
15:00								15:00
16:00								16:00
17:00								17:00
18:00	Yoga							18:00
19:00			Slow fit Training	Yoga				19:00
20:00		Kizomba	Kizomba					20:00
21:00								21:00
22:00								22:00