| | MONTAG | | | | DIENSTAG | | | | MITTWOCH | | | | DONNERSTAG | | | | FREITAG | | | | SAMSTAG | | | SONNTAG |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 1 |
| 09:00 | | 09:15 - 10:00 Reha | | | | 09:00 - 09:45 Reha | | | | 09:00 - 09:45 Reha | | | | | | | | 09:15 - 10:00 Reha | | | | | | |
| 09:30 | | | | | | | | | 09:30 - 10:30 Krabbelgruppe | | | | | 09:30 - 10:15 Reha Frauen | 09:15 - 10:00 Babygruppe | 09:15 - 10:00 Babymassage | | | | | | | | |
| 10:00 | | 10:00 - 11:00 Rücken und Faszien | | | | 10:00 - 10:45 Reha | | | | 10:00 - 10:45 Fit mit Baby | | | | | | | | 10:15 - 11:00 Sturzprophylaxe | | | 10:00 - 11:00 Turnen 3 + 4 J. | 10:15 - 11:00 Ballett 5 - 8 J. | 10:15 - 11:00 Balance Mix | |
| 10:30 | | | | | | | | | | | | | | 10:30 - 11:15 Reha | 10:15 - 11:30 Kinderbetreuung | 10:15 - 11:30 Rückbildung | | | | | | | | |
| 11:00 | | | | | | 11:00 - 12:00 Pilates und Entspannung | | | | | | | | | | | | | | | | 11:00 - 12:00 Turnen 5 - 8 J. | 11:15 - 12:00 Ballett 3 + 4 J. | 11:15 - 12:00 Functional Fit | |
| 11:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | | | | | | 12:15 - 13:45 Workshops | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | | | 13:00 - 14:00 Standard Latein (Anfänger) |
| 13:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | | | | 14:00 - 15:00 Discofox (Anfänger) |
| 14:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | 15:15 - 16:15 Mellis Monster Musik | | | | | | | | | | | | | | | | 15:00 - 16:00 Kinderturnen 3 - 6 J. | 15:15 - 16:00 Kindertanz 3 - 6 J. | | 15:15 - 16:00 Zumba | 15:00 - 17:00 Kindergeburtstage | | | |
| 15:30 | | | | | | | | | 15:45 - 16:45 Tanzen und Turnen 1,5 - 3 J. mit Eltern | | | | | | | | | | | | | | | |
| 16:00 | | 16:15 - 17:00 Kindertanz 3 - 6 J. | | 16:15 - 17:15 Vorschule | 16:00 - 17:00 Eltern- Kind- Turnen 1,5 - 3 J. | 16:15 - 17:00 Kindertanz 3 - 6 J. | | | | 16:00 - 16:45 Kindertanz 3 - 6 J. | | 16:00 - 16:45 Ballett 3 + 4 J. | 16:15 - 17:00 Eltern- Kind - Tanzen 2 + 3 J. | 16:15 - 17:00 Kindertanz 3 - 6 J. | 16:15 - 17:00 Breakdance 5 - 7 J. | 16:15 - 17:00 Workout | 16:00 - 17:00 Kinderturnen 3 - 6 J. | 16:15 - 17:00 Kindertanz 3 - 6 J. | | 16:15 - 17:00 Zumba | | | | |
| 16:30 | 16:30 - 17:30 Mellis Monster Musik | | | | | | | | | 16:45 - 17:30 Streetdance 6 - 8 J. | 16:45 - 17:30 Workout | 16:45 - 17:30 Ballett 5 + 6 J. | | | | | | | | | | | | |
| 17:00 | | | | | 17:00 - 18:00 Kinderturnen 3 - 6 J. | 17:15 - 18:00 Reha | 17:00 - 17:45 Yoga | 17:00 - 17:45 Kinderyoga 6 - 10 J. | | | | | 17:00 - 18:00 Psychomotorik | 17:15 - 18:00 Reha | 17:00 - 17:45 Breakdance 8 - 12 J. | 17:00 - 17:45 Zumba Kids 8 - 14 J. | | 17:15 - 18:00 Streetdance 6 - 8 J. | 17:15 - 18:00 Ballett 4 - 6 J. | 17:15 - 18:00 Functional Fit | | | | |
| 17:30 | | 17:45 - 18:30 Reha | | | | | | | | 17:45 - 18:30 Streetdance 9+10 J. | 17:45 - 18:30 Workout | 17:45 - 18:30 Ballett 7 - 10 J. | | | | | | | | | | | | |
| 18:00 | | | | | 18:00 - 19:00 Gesundes Abnehmen | 18:15 - 19:00 Reha | | 17:55 - 18:55 Yoga für Schwangere | | 18:30 - 19:15 Streetdance 11+16 J. | | 18:30 - 19:30 Rücken und Faszien | 18:00 - 19:00 Kinderturnen | 18:00 - 19:00 Zumba | | 18:15 - 19:00 Reha | | 18:15 - 19:00 Streetdance 9 - 13 J. | | 18:15 - 19:00 Yoga | | | | |
| 18:30 | | 18:45 - 19:30 Reha | | 18:45 - 19:30 Entspannung | | | | | | | 18:45 - 19:30 Reha | | | | | | | | | | | | | |
| 19:00 | | | | | 19:00 - 20:00 Jazz und Modern Dance | 19:15 - 20:00 Reha für Männer | | 19:00 - 20:00 Yoga | | 19:45 - 20:45 Pilates und Entspannung | | | | 19:15 - 20:00 Reha | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | 19:30 - 20:30 Orientalischer Tanz | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | 20:15 - 21:00 Reha | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | | | | | | | | | | |