

Zeit Terms	Montag Monday	Dienstag Tuesday	Mittwoch Wednesday	Donnerstag Thursday	Freitag Friday	Samstag Saturday
7.30 – 8.00	Atemgymnastik respiratory exercises					
8.00 – 8.45	Sanfte Haltungsschulung gentle posture training					Sanfte Haltungsschulung gentle posture training
8.45 – 9.15	Pause break					
9.15 – 9.45	Einführung in das Fitness-Training					Einführung in das Fitness-Training
9.45 – 10.30	Wirbelsäulengymnastik backbone gym					Gesundheit durch Sport health by sport
10.30 – 11.00	Entstauende Bein-Gymnastik leg gymnastics with draining effect					Hocker / Adipositas-Gruppe sitting gym
11.00 – 11.30	Bein intensiv leg intensive					Tanz, Step, Aerobic dance, step, aerobic
11.30 – 12.00	Entstauende Arm-Gymnastik arm gymnastics with draining effect					Walking (B)
12.00 – 12.30	Einführung in das Fitness-Training					
12.30 – 13.30	Pause break					
13.30 – 14.00	Hocker-Gymnastik sitting gym					
14.00 – 14.30	Adipositas Gruppe obesity group					
14.30 – 15.00	Tanz, Step, Aerobic dance, step, aerobic					
15.00 – 15.30	Bauch, Beckenboden waist/pelvic floor training	Entspannung relaxation	Bauch, Beckenboden waist/pelvic floor training	Entspannung relaxation	Bauch, Beckenboden waist/pelvic floor training	
15.30 – 16.30	Walking (A)	Walking (B)	Walking (A)	Walking (B)	Walking (A)	A= Anfänger / Beginner B = Fortgeschritten / Advanced