

# KURSPLAN



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09:10-10:05 Rehasport	09:05-10:00 <b>Aerobic</b>	09:10-10:05 <b>Kraftaufbau und Stretching</b>	09:05-10:00 <b>Step-Aerobic</b>	09:30-10:30 <b>Pilates</b>	
10:15-11:05 <b>PMR-Entspannung</b>	10:10-11:05 Rehasport	10:10-11:05 Rehasport	10:10-11:05 Rehasport	10:35-11:30 <b>Reha Pilates</b>	
11:05-12:00 Rehasport Sitzgymnastik	11:10-12:05 Rehasport	11:10-12:05 Rehasport	11:10-12:05 Rehasport	11:40-12:35 Rehasport	
15:00-15:55 Rehasport	12:10-13:05 Rehasport		12:10-13:05 Rehasport 15:00-15:55 Reha „ü 70“	15:00-15:55 Rehasport	15:30-16:25 Rehasport
16:00-16:55 Rehasport	15:00-15:55 Rehasport	16:00-16:55 Rehasport Sitzgymnastik	16:00-16:55 Rehasport Sitzgymnastik	16:00-16:55 Rehasport	16:30-17:25 <b>Hot Iron Langhanteln</b>
17:00-17:55 Rehasport	16:00-16:55 Reha Pilates	17:00-17:55 Rehasport		17:00-17:55 Rehasport	
18:00-18:55 Rehasport	18:00-18:55 Reha Pilates	18:00-18:55 Rehasport	18:00-18:55 Rehasport	18:00-18:55 <b>Power Workout</b>	
19:00-19:55 <b>BOP</b>	19:00-19:55 Rehasport	19:00-19:55 <b>Yoga</b>	19:00-19:55 	19:00-19:55 Rehasport	
20:05-21:00 Rehasport	20:05-21:00 Rehasport	20:00-20:55 Rehasport	20:00-20:55 Rehasport		