

KURSPLAN

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
09:10-10:05	Rehasport	09:05-10:00	Aerobic	09:10-10:05	Fitness für Senioren	09:05-10:00	Step-Aerobic	09:30-10:30	Pilates		
10:15-11:00	Rehasport Entspannung	10:10-11:05	Rehasport	10:10-11:05	Rehasport	10:10-11:05	Rehasport	10:35-11:30	Reha Pilates		
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	Reha „Ü 65“	12:10-13:05	Reha „Ü 65“			12:10-13:05 15:00-15:55	Reha „Ü 65“ Reha „ü 70“	15:00-15:55	Rehasport	15:30-16:30	Hot Iron Langhantel
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		
17:00-17:55	Rehasport	16:00-16:55	Reha Pilates	17:00-17:55	Rehasport	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	Power Workout				
19:00-20:00	BOP	19:00-19:55	Rehasport	19:00-19:55	RehaYoga	19:00-19:55	Zumba	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				