

# KURSPLAN

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
09:10-10:05	Rehasport	09:05-10:00	<b>Aerobic</b>	09:10-10:05	<b>Fitness für Senioren</b>	09:05-10:00	<b>Step-Aerobic</b>	09:30-10:30	<b>Pilates</b>		
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	<b>Hot Iron Langhantel</b>
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	<b>Power Work- out/Hot Iron</b>				
19:00-20:00	<b>BOP</b>	19:00-19:55	Rehasport	19:00-19:55	RehaYoga	19:00-19:55	<b>Zumba</b>	18:30-19:25	Rehasport		
20:05-21:00	Rehasport	20:05-21:00	Rehasport			20:00-20:55	Rehasport				

