

REHAKURSE

gültig ab 14.06.21

Gesund &
Vital e.V.



| Uhrzeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|------------------------|-------------------------------|--------------|-------------------------------|------------|-----------------------------|
| 09.00 Uhr | 8.00 + 09.00 Uhr Rehasport | Reha-Cycling | 8.00 + 09.00 Uhr Rehasport | Rehasport | Reha-Cycling |
| 10.00 Uhr | Rehasport | Rehasport | Rehasport | Rehasport | Rehasport |
| 11.00 Uhr | | | Rehasport | | 14.00 Uhr KIDS Rehasport |
| 15.00 Uhr | Rehasport | | | | 15.00 Uhr KIDS Rehasport |
| 16.00 Uhr | Rehasport | Rehasport | Rehasport | | |
| 17.00 Uhr | Rehasport | | Rehasport | | Rehasport |
| 18.00 und 19.00 Uhr | Rehasport | Rehasport | | | Rehasport |

KURSPLAN

gültig ab 14.06.21



| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|----------------------------|-------------------------------|------------------------------|----------------------------|---------|-----------------------------|
| | | | | | Yoga 9.30-10.45 |
| | | | Zumba Gold® 10.00-11.00 | | |
| | Core-Stability 17.00-18.00 | | | | Sonntag |
| Wirbelsäule 18.00-19.00 | | Tai Chi 18.00-19.00 | Bodystyling 18.00-19.00 | | Power Zirkel 10.00-11.00 |
| | Yoga 19.00-20.15 | Zumba Gold® 19.00-20.00 | Wirbelsäule 19.00-20.00 | | |
| | | Indoorcycling 20.00-21.30 | | | |