

Kursplan



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Rehasport 08:00-08:45		Rehasport 09:00-09:45	Rehasport 09:00-09:45	
Rehasport 09:00-09:45	Reha-Cycling 09:00-09:45	Rehasport 10:00-10:45	Reha Dance 10:00-10:45	Rehasport 09:00-09:45
Rehasport 10:00-10:45	Rehasport 10:00-10:45	Rehasport Beckenboden* 10:00-10:45		Rehasport 10:00-10:45
	Reha Zirkel 11:00-11:45	Rehasport 11:00-11:45	Rehasport 11:00-11:45	
Rehasport 15:00-15:45	Kids Rehasport 15:00-15:45	Rehasport 14:00-14:45	Reha Pilates 15:00-15:45	
Rehasport 16:00-16:45	Rehasport 16:00-16:45	Rehasport 15:00-15:45		
Rehasport 17:00-17:45	Rehasport 17:00-17:45	Rehasport 16:00-16:45	Bodystyling 18:00-19:00	Rehasport 17:00-17:45
Wirbelsäule 18:00-19:00	Rehasport 18:00-18:45	Yoga* 18:45-19:45	Rehasport WS 19:00-19:45	Rehasport 18:00-18:45
Rehasport 19:00-19:45		Indoorcycling 19:00-20:15	Rehasport 20:00-20:45	

* in der Physiopraxis