

- Kursplan -

Uhrzeit	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
	Oben	Unten	Oben	Unten	Oben	Unten	Oben	Unten	Oben	Unten	Oben	Unten	Oben	Unten
07.00 – 08.00		Rehasport				Rehasport				Rehasport				
07.30 – 08.30														
08.00 – 09.00		Rehasport		Rehasport		Rehasport		Rehasport		Rehasport				
08.30 – 09.30														
09.00 – 10.00		Rehasport		Rehasport		Rehasport		Rehasport		Rehasport				
09.30 – 10.30														
10.00 – 11.00		Rehasport		Rehasport		Rehasport	Pilates	Rehasport		Rehasport			Yoga	
10.30 – 11.30														
11.00 – 12.00		Rehasport		Rehasport		Rehasport		Rehasport		Rehasport				
11.30 – 12.30														
12.00 – 13.00		Rehasport		Rehasport		Rehasport		Rehasport		Rehasport				
12.30 – 13.30														
13.00 – 14.00														
13.30 – 14.30														
14.00 – 15.00														
14.30 – 15.30														
15.00 – 16.00		Rehasport		Rehasport		Rehasport		Rehasport						
15.30 – 16.30														
16.00 – 17.00		Rehasport		Rehasport		Rehasport		Rehasport						
16.30 – 17.30														
17.00 – 18.00		Rehasport		Rehasport		Rehasport		Rehasport						
17.30 – 18.30														
18.00 – 19.00				Rehasport		Funktionelles Training		Rehasport						
18.30 – 19.30														
19.00 – 20.00		Rehasport		Rehasport		Rehasport		Rehasport						
19.30 – 20.30														
20.00 – 21.00				Rehasport				Rehasport						
20.30 – 21.30														
21.00 – 22.00														
21.30 – 22.30														

Sporthaus e.V.

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