

- 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 | | Rehasport | | Rehasport | | 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.

Witteringstraße 18, 45130 Essen-Rüttenscheid // Fon: 0201. 799 37 00 // Mail: post@sporthaus-essen.de // Web: sporthaus-essen.de

Follow us on   /sporthaus-essen