

- Kursplan -

Ab November 2020

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
Uhrzeit	Unten	Oben	Unten	Oben	Unten	Oben	Unten	Oben	Unten	Oben
07.00 – 08.00	Rehasport		geschlossen		Rehasport		geschlossen		Rehasport	
08.00 – 09.00	Rehasport		Rehasport		Rehasport		Rehasport		Rehasport	
09.00 – 10.00	Rehasport		Rehasport		Rehasport		Rehasport		Rehasport	
10.00 – 11.00	Rehasport		Rehasport		Rehasport		Rehasport		Rehasport	
11.00 – 12.00	Rehasport		Rehasport		Rehasport		Rehasport		Rehasport	
12.00 – 13.00	Rehasport		Rehasport		Rehasport		Rehasport		Rehasport	
13.00 – 14.00	Rehasport				Rehasport				Rehasport	
14.00 – 15.00					Rehasport					
15.00 – 16.00	Rehasport		Rehasport		Rehasport		Rehasport			
16.00 – 17.00	Rehasport		Rehasport		Rehasport		Rehasport			
17.00 – 18.00	Rehasport		Rehasport		Rehasport		Rehasport			
18.00 – 19.00	Pilates		Rehasport		Rehasport		Rehasport			
19.00 – 20.00	Rehasport		Rehasport		Rehasport		Präventionskurs in Planung			
20.00 – 21.00	Rehasport		Rehasport		Rehasport		Rehasport			

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