

# Kursplan

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag				
08:00	Geräte 7.30 - 21.00									
09:00		Gerätezirkel 9:00-10:00	Geräte 9.00 - 20.00	Rehasport 9:00-9:45	Geräte 9.00 - 20.00	Fit in den Tag 9:00-10:00	Geräte 9.00 - 12.00	Variierendes Kursangebot laut Aushang		
10:00		Rehasport 10:00-10:45				Rehasport 10:00-10:45			Rehasport 10:00-10:45	
11:00		Rehasport 11:00-11:45		Rehasport 11:00-11:45					Rehasport 11:00-11:45	Rehasport 11:00-11:45
12:00									Rehasport 12:00-12:45	
13:00										
14:00									Herzsport 14:00-15:00	
15:00						Rehasport 15:00-15:45				
16:00				Rehasport 16:30-17:15		Rehasport 16:00-16:45				
17:00		Rehasport 17:00-17:45		Rückenfit & Relax 17:30		Rehasport 17:00-17:45				Core Training 17.00
18:00	Rehasport 18:00-18:45	Rehasport 18:30-19:15				Yoga 18:00-19:30			Ab 28.01.2022	
19:00	Rehasport 19:00-19:45		Classic Work 19.00							
20:00	Bodyform 20:00-20:50									