



# Kursplan

| Montag                                     | Dienstag                         | Mittwoch                      | Donnerstag                    | Freitag                             |
|--------------------------------------------|----------------------------------|-------------------------------|-------------------------------|-------------------------------------|
| REHA - Sport<br>09:30 - 10:15              |                                  | REHA - Sport<br>09:30 - 10:15 |                               | Achtsamkeit<br>09:15 - 10:15        |
| REHA - Sport<br>10:30 - 11:15              |                                  | REHA - Sport<br>10:30 - 11:15 |                               | REHA - Sport<br>10:30 - 11:15       |
|                                            |                                  |                               |                               |                                     |
|                                            | Damen - Fitness<br>15:30 - 16:30 |                               |                               |                                     |
| REHA - Sport<br>17:15 - 18:00              |                                  |                               | REHA - Sport<br>17:15 - 18:00 |                                     |
| Leichtes<br>Krafttraining<br>18:15 - 19:15 |                                  |                               | Pilates<br>18:15 - 19:15      | Bauch - Beine - Po<br>17:30 - 18:45 |
| HOT Iron<br>19:30 - 20:30                  | Powerworkout<br>19:00 - 20:00    | REHA - Sport<br>19:15 - 20:00 | HOT Iron<br>19:30 - 20:30     |                                     |