

# Kursplan 2024

Zeiten	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag
	2. OG	4. OG	S.-Halle	2. OG	4. OG	S.-Halle	2. OG	4. OG	S.-Halle	2. OG	4. OG	S.-Halle	2. OG	4. OG	S.-Halle	2. OG
07:00	Reha			Reha									Reha			
07:30	Reha			Reha									Reha			
08:00	Reha			Reha			Reha Herz						Reha			
08:30	Reha			Reha			Reha Herz						Reha			
09:00	Reha Hocker			Reha			Reha	Reha Herz		Reha			Reha			Reha
09:30	Reha			Reha			Reha			Reha			Reha			
10:00	Reha			Reha			Reha			Reha			Reha	Pilates		
10:30	Reha			Reha			Reha			Reha			Reha	Reha		
11:00	Reha	Reha		Reha			Reha Hocker			Reha			Reha	Reha		
11:30	Reha	Reha		Reha			Rücken			Reha			Reha	Reha		
12:00	Reha Osteo	Reha		Reha			Rücken			Reha			Reha	Reha		
12:30	Reha			Reha			Reha			Reha Osteo			Reha	Reha Osteo		
13:00	Reha			Reha			Reha			Reha			Reha	Reha		
13:30	Reha			Reha			Reha			Reha	Reha		Reha	Reha		
14:00	Reha			Reha			Reha	Reha		Reha	Reha		Reha	Reha		
14:30	Reha			Reha			Reha	Reha		Reha	Reha		Reha	Reha		
15:00	Reha			Reha			Reha	Reha		Reha	Reha		Reha	Reha		
15:30	Reha			Reha			Reha	Reha		Reha	Reha		Reha	Reha		
16:00	Reha			Reha			Reha	Reha		Reha	Reha		Reha	Reha		
16:30	Reha		Aqua	Reha			Reha	Reha		Reha	Reha	Aqua Zumba	Reha	Reha	Aqua	
17:00			Aqua	Yoga			Zumba 16:50 Uhr	Reha		Reha	Reha	Reha	Reha	Reha	Aqua	
17:30			Aqua	Reha			Zumba	Reha	Aqua	Reha	Reha	Reha	Reha	Reha	Aqua	
18:00			Aqua	Reha		Aqua	Zumba	Reha	Aqua	Reha	Reha	Reha	Reha	Reha	Aqua	
18:30			Aqua	Reha		Aqua	Zumba	Reha	Aqua	Reha	Reha	Reha	Reha	Reha	Aqua	
19:00			Aqua	Reha		Aqua	Zumba	Reha	Aqua	Zumba	Bauch-Beine-Po	Aqua	Reha	Reha	Aqua	
19:30			Aqua	Reha		Aqua	Zumba	Reha	Aqua	Zumba	Bauch-Beine-Po	Aqua	Reha	Reha	Aqua	
20:00			Aqua	Reha		Aqua	Zumba	Reha	Aqua	Zumba	Bauch-Beine-Po	Aqua	Reha	Reha	Aqua	
20:30			Aqua	Reha		Aqua	Zumba	Reha	Aqua	Zumba	Bauch-Beine-Po	Aqua	Reha	Reha	Aqua	

\* Änderungen vorbehalten

Legende:

Rehasport
Rehasport Hocker (keine Bodenübungen)
Rehasport Osteoporose
Herzsport
Privatkurse
Aquafitness / Wassergymnastik
S.-Halle Schwimmhalle im Haus R