

# KURSRAUM

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag				
08:00									
08:15									
08:30	08:25 – 09:10 Rehasport	08:15 – 09:00 Rehasport			08:15 – 09:00 Rehasport				
08:45									
09:00									
09:15	09:15 – 10:00 Rehasport	09:15 – 10:00 Rehasport	09:00 – 10:00 Prävention Rücken Fit	09:15 – 10:00 Rehasport	09:15 – 10:00 Wirbelsäulen- gymnastik				
09:30									
09:45									
10:00	10:05 – 10:50 Rehasport	10:15 – 11:00 Rehasport	10:05 – 10:50 Rehasport	10:15 – 11:00 Rehasport Neurologie					
10:15							10:15 – 11:00 Hocker Gymnastik		
10:30									
10:45	10:55 – 11:40 Frauen Rehasport								
11:00									
11:15									
11:30		11:15 – 12:00 Hocker Gymnastik		11:15 – 12:00 Hocker Gymnastik					
11:45									
12:00									
12:15									
12:30									
12:45									
13:00									
13:15									
13:30									
13:45									
14:00	14:00 – 14:45 ambulanter Rehasport								
14:15									
14:30									
14:45									
15:00									
15:15									
15:30									
15:45		15:30 – 16:15 Rehasport							
16:00	16:00 – 16:45 Schlaganfall Neurologie			16:00 – 16:45 Rehasport Kinder		16:00 – 16:45 Rehasport Jugendlich			
16:15			16:15 – 17:00 Rehasport				16:45 – 17:30 Rehasport		
16:30									
16:45	16:45 – 17:30 Rehasport	17:00 – 17:45 Rehasport	16:45 – 17:30 Rehasport	17:00 – 17:45 Rehasport für Menschen mit Behinderung					
17:00									
17:15									
17:30	17:30 – 18:15 Rehasport	17:45 – 18:30 Rehasport	17:30 – 18:15 Rückenfit	17:30 – 18:15 Fitness- gymnastik	17:10 – 17:55 Jumping Health				
17:45									
18:00									
18:15	18:15 – 19:00 Rehasport	18:30 – 19:15 Wirbelsäulen- gymnastik	18:15 – 19:00 Rehasport	18:15 – 19:00 Rehasport					
18:30									
18:45									
19:00	19:00 – 19:45 Yogilates	19:15 – 20:00 Jumping	19:10 – 19:55 Jumping	19:00 – 19:45 Rehasport					
19:15									
19:30									
19:45				19:45 – 20:45 Prävention Rücken Fit					
20:00									
20:15									
20:30									
20:45									
21:00									

## GESUNDHEITSKURSE TRAININGSFLÄCHE

Montag: 9:30 – 10:30 Uhr **Aktiv Fit 60+** | 16:30 – 17:30 Uhr **Cardio Fit**  
 Mittwoch: 15:30 – 16:30 Uhr **Aktiv Fit 60+**