

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:15 - 10:00 REHA	9:15 - 10:00 REHA	9:15 - 10:00 REHA	9:15 - 10:00 REHA	9:15 - 10:00 REHA	9:15 - 10:15 Yin Yoga
10:15 - 11:00 REHA	10:15 - 11:15 Stuhl-YOGA	10:15 - 11:00 REHA	10:15 - 11:00 REHA	10:15 - 11:15 Stuhl-YOGA	10:30 - 11:30 Pilates
			17:00 - 18:00 Pilates		
18:00 - 18:45 REHA	18:00 - 18:45 Rücken & Figur	18:00 - 19:30 YOGA	18:15 - 19:00 REHA		
19:00 : 19:45 REHA	19:00 : 19:45 REHA				