

Kursplan

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag		
08:00	Freies Training	Freies Training	Freies Training	Freies Training	Freies Training		
09:00	RehaSport 09:00-09:45		RehaSport 09:00-09:45				
10:00	RehaSport 10:00-10:45		Fit & Fun 10:00-10:45			Freies Training	Fit & Fun 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	Freies Training		Freies Training			Freies Training	Freies Training
13:00	Mittagspause						
14:00	Mittagspause						
15:00	Freies Training	Freies Training	Freies Training	Freies Training	Freies Training		
16:00			RehaSport 16:30-17:15		RehaSport 16:30-17:15		
17:00	RehaSport 17:30-18:15	Fit & Fun 18:00-18:45	RehaSport 17:30-18:15	Fit & Fun 18:00-18:45	RehaSport 17:30-18:15		
18:00	Fit & Fun 18:30-19:15		Fit & Fun 18:30-19:15		RehaSport 19:00-19:45		
19:00	RehaSport 19:30-20:15	RehaSport 19:00-19:45	RehaSport 19:30-20:15	RehaSport 19:00-19:45			
20:00							