

Kursprogramm Rehasport (ab 01/19)

| | Gymnastik | Wassergymnastik |
|----|---|---|
| Mo | 15:30 – 16:15 16:30 – 17:15 18:00 - 18:45 | 09:00 – 09:45 10:00 – 10:45 12:00 – 12:45 16:00 – 16:45 16:45 – 17:30 |
| Di | 09:00 – 09:45 15:30 – 16:15 17:30 – 18:15 18:30 – 19:15 19:15 – 20:00 | 09:00 – 09:45 11:00 – 11:45 16:15 - 17:00 17:00 – 17:45 |
| Mi | 16:30 – 17:15 17:30 – 18:15 | 12:15 – 13:00 14:45 – 15:30 16:45 – 17:30 18:30 - 19:15 |
| Do | 09:00 – 09:45 15:00 – 15:45 18:30 – 19:15 | 08:30 – 09:15 11:00 – 11:45 11:45 – 12:30 12:30 – 13:15 16:00 – 16:45 |
| Fr | 09:00 – 09:45 09:30 – 10:15 14:00 – 14:45 | 09:00 – 09:45 |