

Kursplan Gesundheitssport

ab 1.11.2025

Montag		Dienstag		Mittwoch		Donnerstag		Freitag
Kursraum	Sporttherapie	Kursraum	Sporttherapie	Kursraum	Sporttherapie	Kursraum	Sporttherapie	Kursraum
08:30 - 09:15 Reha-Sport		08:30 - 09:15 Reha-Sport		08:30 - 09:15 Reha-Sport		08:30 - 09:15 Reha-Sport	09:00 - 10:00 Präventionskurs	
09:30 - 10:15 Reha-Sport		09:30 - 10:15 Reha-Sport		09:30 - 10:15 Reha-Sport		09:30 - 10:15 Reha-Sport		09:30 - 10:15 Reha-Sport
10:30 - 11:15 Reha-Sport		10:30 - 11:15 Reha-Sport		10:30 - 11:15 Reha-Sport		10:30 - 11:15 Reha-Sport	10:45 - 11:45 Nordic Walking	10:30 - 11:15 Reha-Sport
11:30 - 12:30 Schlingenkurs		11:30 - 12:30 Schlingenkurs		13:30 - 14:15 Reha-Sport				
17:00 - 17:45 Reha-Sport	16:45 - 17:45 Senioren Yoga	16:00 - 16:45 Reha-Sport		16:00 - 16:45 Reha-Sport		16:30 - 17:15 Reha-Sport		
		17:00 - 17:45 Reha-Sport		17:00 - 17:45 Reha-Sport		17:45 - 18:45 Schlingenkurs		
	18:00 - 19:00 Senioren Yoga							
			18:30 - 20:00 Ashtanga-Yoga					