

Kursplan "Gesund zur Form e.V.", orthopädische Erkrankungen

Mindestteilnehmerzahl: 5 Personen

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|--|--|--|--|--|--|---------|
| 09.00 | 09:00 - 09:45 Gymnastik (2.11) | 09:00 - 09:45 Gymnastik (2.11) | 09:00 - 09:45 Gymnastik (2.11) | 09:00 - 09:45 Gymnastik (2.11) | 09:00 - 09:45 Gymnastik (2.11) | | |
| 10.00 | 09:45 - 10:30 Gymnastik (2.11) 10:30 - 11:15 Gymnastik (2.11) | 09:45 - 10:30 Gymnastik (2.11) | 09:45 - 10:30 Gymnastik (2.11) 10:30 - 11:15 Gymnastik (2.11) | 09:45 - 10:30 Gymnastik (2.11) | | 10:00 - 10:45 Gymnastik (2.11) | |
| 11.00 | | | | 11:00 - 11:45 Hockergymnastik (2.11) | | 10:45 - 11:30 Gymnastik (2.11) | |
| 12.00 | 11:45 - 12:30 Gymnastik (2.11) | 11:45 - 12:30 Gymnastik (2.11) | | 11:45 - 12:30 Gymnastik (2.11) | | 11:30 - 12:15 Gymnastik (2.11) | |
| 13.00 | | | 13.15 - 14:00 Gymnastik (2.11) | | | | |
| 14.00 | | 14:00 - 14:45 Gymnastik (2.11) | 14:00 - 14:45 Hockergymnastik (2.11) | 14:00 - 14:45 Gymnastik (2.11) | | | |
| 15.00 | 14:45 - 15:30 Gymnastik (2.11) 15:30 - 16:15 Gymnastik (2.11) | 14:45 - 15:30 Gymnastik (2.11) 15:30 - 16:15 Gymnastik (2.11) | 14:45 - 15:30 Gymnastik (2.11) 15:30 - 16:15 Gymnastik (2.11) | 14:45 - 15:30 Gymnastik (2.11) 15:30 - 16:15 Gymnastik (2.11) | | | |
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| 17.00 | 17:00 - 17:45 Gymnastik (2.11) 17:45 - 18:30 Gymnastik (2.11) | 17:00 - 17:45 Gymnastik (2.11) 17:45 - 18:30 Gymnastik (2.11) | 17:00 - 17:45 Gymnastik (2.11) 17:45 - 18:30 Gymnastik (2.11) | 17:00 - 17:45 Gymnastik (2.11) 17:45 - 18:30 Gymnastik (2.11) | 17:00 - 17:45 Gymnastik (2.11) 17:45 - 18:30 Gymnastik (2.11) | 17:00 - 17:45 Gymnastik (2.11) 17:45 - 18:30 Gymnastik (2.11) | |
| 18.00 | 18:30 - 19:15 Gymnastik (2.11) | 18:30 - 19:15 Gymnastik (2.11) | 18:30 - 19:15 Gymnastik (2.11) | 18:30 - 19:15 Gymnastik (2.11) | | | |
| 19.00 | 19:15 - 20:00 Gymnastik (2.11) | 19:15 - 20:00 Gymnastik (2.11) | 19:15 - 20:00 Gymnastik (2.11) | 19:15 - 20:00 Gymnastik (2.11) | | | |
| 20.00 | | | | | | | |

Stand: 15.09.2020

Bürozeiten:

Montag - Freitag: 10.30 - 11.30 Uhr
 Montag / Mittwoch: 17.30 - 18.30 Uhr
 Dienstag / Donnerstag: 15.30 - 16.30 Uhr

Kontaktdaten:

Rehasport Verein Gesund zur Form e.V.
 Parkallee 1, 45981 Gelsenkirchen

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 info@gesundzurform.de

Haben Sie Fragen?

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