

# 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)	09:45 - 10:30 Gymnastik (2.11)	09:45 - 10:30 Gymnastik (2.11)	09:45 - 10:30 Gymnastik (2.11)		10:00 - 10:45 Gymnastik (2.11)	
11.00	10:30 - 11:15 Gymnastik (2.11)		10:30 - 11:15 Gymnastik (2.11)	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	12:30 - 13:15 Gymnastik (2.11)	12:30 - 13:15 Hockergymnastik (2.11)	12:30 - 13:15 Gymnastik (2.11)	12:30 - 13:15 Gymnastik (2.11)			
14.00	13:15 - 14:00 Gymnastik (2.11)	13:15 - 14:00 Gymnastik (2.11)	13:15 - 14:00 Gymnastik (2.11)	14:00 - 14:45 Hockergymnastik (2.11)	14:00 - 14:45 Gymnastik (2.11)	14:00 - 14:45 Hockergymnastik (2.11)	
15.00	14:00 - 14:45 Gymnastik (2.11)	14:00 - 14:45 Gymnastik (2.11)	14:00 - 14:45 Hockergymnastik (2.11)	14:00 - 14:45 Gymnastik (2.11)	14:45 - 15:30 Gymnastik (2.11)		
16.00	14:45 - 15:30 Gymnastik (2.11)	14:45 - 15:30 Gymnastik (2.11)	14:45 - 15:30 Gymnastik (2.11)	14:45 - 15:30 Gymnastik (2.11)			
17.00	15:30 - 16:15 Gymnastik (2.11)	15:30 - 16:30 Neurogruppe (2.39)	15:30 - 16:15 Gymnastik (2.11)	15:30 - 16:15 Gymnastik (2.11)			
18.00	16:15 - 17:00 Gymnastik (2.11)	16:30 - 17:15 Kinderreha- sport (2.39)	16:15 - 17:00 Gymnastik (2.11)	16:15 - 17:00 Gymnastik (2.11)	16:15 - 17:00 Gymnastik (2.11)	16:15 - 17:00 Gymnastik (2.11)	
19.00	17:00 - 17:45 Gymnastik (2.11)	16:15 - 17:00 Gymnastik (2.11)	17:00 - 17:45 Gymnastik (2.11)	17:00 - 17:45 Gymnastik (2.11)	17:00 - 17:45 Gymnastik (2.11)	17:00 - 17:45 Gymnastik (2.11)	
20.00	17:45 - 18:30 Gymnastik (2.11)	17:45 - 18:30 Gymnastik (2.11)	17:45 - 18:30 Gymnastik (2.11)	17:45 - 18:30 Gymnastik (2.11)	17:45 - 18:30 Gymnastik (2.11)	17:45 - 18:30 Gymnastik (2.11)	
21.00	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)			
22.00	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)			
23.00							
24.00							

Stand: 01.01.2019

**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.  
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**Haben Sie Fragen?**

**0209 / 380 33 - 153**