

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
08:00				Rehasport fit Armin	
09:00	Rehasport fit Hülya	Rehasport fit Armin	Lungensport Marina	Rehasport Armin	Step Laura
10:00	Lungensport Hülya	Rehasport Armin	Lungensport Marina	Rehasport fit Armin	Bauch Beine Po Kathrin
11:00	Rehasport fit Marina	Rehasport Armin	Rehasport Marina	Rehasport fit Armin	Rehasport Hocker Marina
12:00	Rehasport Hocker Marina		Rehasport Hocker Marina		Rehasport Hocker Marina
13:00	Rehasport Hocker Marina			Rehasport Marina	Rehasport Marina
14:00					
15:00					
16:00	Rehasport fit Christian	Rehasport fit Hülya			
17:00	Rehasport fit Christian		Rehasport fit Christian	Rehasport sehr fit Marina	
18:00	Rehasport fit Christian		Rehasport Christian	Rehasport fit Marina	Zirkeltraining Sedat
19:00		Ganzkörperworkout Sedat	Rehasport sehr fit Christian		



GESUNDHEITS
ZENTRUM
AM MARKT

KURSPPLAN