

Übersicht Rehasport- und Selbstzahler-Kurse 2022

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|--------------|---|-----------------|------------------|-------------------|-------------------|
| | Kurs | Kurs | Kurs | Kurs | Kurs |
| 07:00 | | | Basis* | | |
| 08:00 | BeBo - RS | | WS - Hocker - RS | WS -HockerFIT- RS | WS - SZ |
| 09:00 | WS - RS | | WS - RS | Basis* | UEX - Hocker - RS |
| 10:00 | HWS - RS | Lungensport | HWS - RS | WS - Hocker - RS | HWS - RS |
| 11:00 | UEX - Hocker - RS | Lungensport | WS - Hocker - RS | Lungensport | WS - RS |
| 12:00 | WS - RS | Basis* | WS - RS | WS - RS | Basis* |
| 13:00 | WS - RS | | WS - RS | WS - RS | |
| 14:00 | WS - Hocker - SZ | | | Lungensport | |
| 15:00 | Basis* | WS - RS | WS - Fit - RS | | |
| 16:00 | | WS - FIT - RS | Pilates - SZ/PRÄ | Zirkel - SZ/PRÄ | |
| 17:00 | | HWS - RS | UEX - FIT - RS | WS - RS | |
| 18:00 | Yoga - SZ | WS - RS | WS - SZ | HWS - RS | |
| 19:00 | | WS - RS | WS - FIT - RS | WS - RS | |
| | * beitragsfrei, RS = Rehasport, SZ = Selbstzahler, PRÄ = Prävention | | | | |