

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00	09:00	09:00	09:00	09:00
10:00	10:00	10:00	10:00	10:00
↕ 11:00	11:00	11:00	11:00	11:00
Reha-Sport		↕ 12:00		↕ 12:00
12:00	12:00	Reha-Sport		Reha-Sport
13:00	13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00	14:00
15:00	15:00	15:00	15:00	15:00
16:00	16:00	16:00	16:00	16:00
17:00	17:00	17:00	17:00	17:00
18:00	18:00	↕ 18:00		↕ 18:00
↕ 19:00	↕ 19:00	RückenWorkout (AOK)		Bauch-Beine-Po (AOK)
Reha-Sport	Faszienworkout (AOK)	↕ 19:00		↕ 19:00
		Wirbelsäulen- gymnastik		RückenPower (AOK)
20:00	20:00	20:00	20:00	20:00