

# KURSPLAN

gültig ab 03.09.2018 (Änderungen vorbehalten)

# VITAREHA

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
	09:00 - 09:45 Reha <i>Basic</i>		08:30 - 09:15 Reha <i>Basic</i>	09:00 - 09:45 Reha <i>Basic</i> Sitz
10:00 - 11:00 Herzsport	10:30 - 11:15 Reha <i>Basic</i>	10:00 - 11:00 Herzsport		10:00 - 11:00 Herzsport
11:00 - 11:45 Reha <i>Basic</i>		11:00 - 11:45 Reha <i>Basic</i>		11:15 - 12:00 Reha <i>Basic</i>
12:00 - 12:45 Reha <i>Basic</i> Lunge				
				13:30 - 14:15 Reha <i>Basic</i>
14:00 - 14:45 Reha <i>Basic</i>	15:00 - 15:45 Reha <i>Basic</i> Sitz		15:30 - 16:15 Reha <i>Basic</i>	14:30 - 15:15 Reha <i>Basic</i>
	16:00 - 16:45 Reha <i>Basic</i>	16:30 - 17:15 Reha <i>Basic</i>	16:30 - 17:15 Reha <i>Basic</i> Lunge	
17:00 - 17:45 Reha <i>Basic</i>	17:00 - 17:45 Reha <i>Basic</i>	17:30 - 18:15 Reha <i>Basic</i>	17:30 - 18:15 Reha <i>Basic</i>	