

KURSPLAN



| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|-------|-----------------|----------------------------|-------------|----------------------------|-----------------|---------|
| 09:00 | Rehasport Damen | Rehasport | | Rehasport Damen | Rehasport Damen | |
| 10:00 | Rehasport | Rehasport | Rehasport | Rehasport | Rehasport | |
| 11:00 | | Rehasport Plettenberg | Yoga 50plus | | NordicWalking | WS-Gym |
| 12:00 | | Rehasport Plettenberg | | | | |
| 16:00 | | "Lets Move" | | | | |
| 17:00 | Rehasport | Rehasport | Rehasport | Rehasport | Rehasport | |
| 18:00 | Rehasport | Rehasport | Rehasport | Rehasport | Cardio & Move | |
| 19:00 | Yoga | Rehasport Kraft & Ausdauer | | Rehasport Kraft & Ausdauer | | |