



Zeit	Montag		Dienstag		Mittwoch		Donnerstag		Freitag
	Raum 1 Klein	Raum 2 Groß	Raum 1 Klein	Raum 2 Groß	Raum 1 Klein	Raum 2 Groß	Raum 1 Klein	Raum 2 Groß	
Vormittags		Rehasport	Rehasport	Pilates		Rehasport Senioren		LWL WS-Gym	
		9:00 – 9:45	10:00 – 10:45	9:45 – 10:45		9:00 – 9:45		8:45 – 9:30	
	Rheumaliga	Blackroll LWL	Rehasport			Rehasport Senioren	Rehasport		
	10:00 – 10:45	10:00 – 10:45	11:00 – 11:45			10:00 – 10:45	10:00 – 10:45		
Nachmittags		Rehasport				Rehasport	Rehasport	Pilates	
		16:30 – 17:15				17:00 – 17:45	17:30 – 18:15	17:15 – 18:15	
			Functional Training	Rehasport	Yoga	Blackroll LWL			
		17:45 – 18:30	17:15 – 18:00	17:45 – 18:45	18:00 – 18:45				
Abends	Rehasport	Piloxing		Rehasport				Piloxing Knockout	
	18:00 – 18:45	18:15 – 19:45		18:15 – 19:00				18:30 – 19:00	
	LWL WS-Gym			Rehasport	Yoga	Rehasport		Skigymnastik	
	19:00 – 19:45		19:15 – 20:00	19:00 – 20:00	19:15 – 20:00		19:30 – 20:30		