

# Unser Kursplan

|             | Montag                                | Dienstag                        | Mittwoch                                     | Donnerstag                                  | Freitag                         |
|-------------|---------------------------------------|---------------------------------|--|---|---------------------------------|
| 9:00-10:00  |                                       |                                 |  |   |                                 |
| 10:00-11:00 |                                       |                                 |  |   | 10:00-11:00<br>Rehasport (Nico) |
| 11:00-12:00 |                                       | 11:00-12:00<br>Rehasport (Nico) |  |   |                                 |
| 12:00-13:00 |                                       |                                 |  |   |                                 |
|             |                                       |                                 |  | 15:00-16:00<br>Rehasport <b>Kids</b> (Nico) |                                 |
| 16:00-17:00 | 16:00-17:00<br>Rehasport (Frieder)    |                                 | 16:00-17:00<br>Rehasport (Steffi)            | 16:00-17:00<br>Rehasport <b>Kids</b> (Nico) |                                 |
| 17:00-18:00 |                                       |                                 |  | 17:00-18:00<br>Rehasport (Frieder)          |                                 |
| 18:00-19:00 | 17:30-18:45<br>Betriebssport (Comsol) |                                 | 18:00-19:00<br>Rückenprävention §20 (Javier) |   |                                 |
| 19:00-20:00 |                                       |                                 |  |   |                                 |