

KURSE IM BEWEGUNGSBAD

Abends		Mittags		Morgens		Montags	Dienstags	Mittwochs	Donnerstags	Freitags	Samstags
						07:30–08:15 Reha-Sport	07:30–08:00 Rheuma-Liga				
						08:15–09:15 Reha-Sport	08:00–08:45 Reha-Sport	08:00–08:30 Rheuma-Liga	08:00–08:45 Reha-Sport		08:15–09:00 Reha-Sport
						09:15–09:45 Rheuma-Liga	08:45–09:30 Wasser-gymnastik	08:30–09:00 Rheuma-Liga	08:45–09:30 Reha-Sport		09:00–09:45 Aqua-Ü-Fit Erwachsene
						09:45–10:30 Reha-Sport	09:30–10:15 Aqua-Fitness	09:00–09:45 Aqua-Zirkel	09:30–10:15 Aqua-Fitness	09:45–10:30 Reha-Sport	09:45–10:30 Wasser-gymnastik
						10:30–11:15 Wasser-gymnastik	10:15–10:45 Rheuma-Liga	09:45–10:30 Reha-Sport	10:15–11:00 Wasser-gymnastik	10:30–11:15 Reha-Sport	10:30–11:15 Aqua-Ü-Fit Erwachsene
						11:15–12:00 Aqua-Fitness	10:45–11:30 Wasser-gymnastik	11:15–12:00 Reha-Sport	11:00–11:45 Wasser-gymnastik	11:30–12:15 Reha-Sport	11:15–12:15 Freies Schwimmen
						12:00–12:30 Rheuma-Liga	11:30–12:15 Reha-Sport	12:00–12:45 Reha-Sport	11:45–12:15 Rheuma-Liga	12:15–12:45 Rheuma-Liga	
						12:30–13:00 Rheuma-Liga	12:15–12:45 Rheuma-Liga	12:45–13:15 Rheuma-Liga	12:15–13:00 Aqua Cycling	12:45–13:30 Reha-Sport	
						13:00–13:30 Rheuma-Liga	12:45–13:30 Reha-Sport	13:15–13:45 Rheuma-Liga	13:10–13:55 Aqua Cycling	13:30–14:15 Reha-Sport	
						13:30–14:00 Rheuma-Liga	14:00–14:45 Reha-Sport	13:45–14:15 Rheuma-Liga	14:00–14:30 Rheuma-Liga		
						14:40–17:55 Schwimmschule Rettberg	14:50–18:05 Schwimmschule Rettberg	14:40–17:55 Schwimmschule Rettberg	14:40–17:55 Schwimmschule Rettberg	14:40–17:55 Schwimmschule Rettberg	
						18:05–18:50 Aqua-Fitness	18:10–18:40 Rheuma-Liga	18:05–18:50 Aqua-Fitness	18:00–18:45 Wasser-gymnastik	18:00–18:30 Rheuma-Liga	
						18:50–19:35 Reha-Sport	18:40–19:10 Rheuma-Liga	18:50–19:35 Aqua-Fitness	19:00–19:45 Aqua Fitness	18:30–19:00 Rheuma-Liga	
						19:35–20:05 Rheuma-Liga	19:10–19:40 Rheuma-Liga	19:35–20:20 Aqua-Power	19:45–20:30 Reha-Sport	19:00–19:30 Rheuma-Liga	
						20:05–20:50 Reha-Sport	19:40–20:10 Rheuma-Liga	20:20–21:05 Reha-Sport	20:30–21:15 Reha-Sport	19:30–20:00 Rheuma-Liga	
							20:15–21:00 Aqua Cycling				

KURSE IM TRAININGSRAUM

Abends		Mittags		Morgens		Montags	Dienstags	Mittwochs	Donnerstags	Freitags	Samstags
						09:00–09:45 Pilates			08:30–09:15 Reha-Sport		
						09:45–10:30 Hula Fit			09:15–10:00 Rheuma-Liga		
						10:30–11:15 Rheuma-Liga	10:45–11:30 Reha-Sport	10:30–11:15 Rheuma-Liga	10:00–10:45 Rheuma-Liga		10:00–11:00 Zumba
						11:15–12:00 Rheuma-Liga	11:45–12:45 Qi Gong		10:45–11:45 Kangatraining		11:00–12:00 Hot Iron
						15:30–16:15 Rheuma-Liga			12:00–13:00 Funktionelles Mobilitäts-training		
						16:15–17:00 Rheuma-Liga			15:45–16:30 Rheuma-Liga		
						17:00–17:45 Rheuma-Liga		17:00–17:45 Rheuma-Liga	16:30–17:15 Rheuma-Liga	16:30–17:30 Hot Iron	
						17:45–18:45 Hot Iron	17:00–18:00 Hot Iron	17:45–18:30 Rheuma-Liga	17:15–18:00 Reha-Sport		
						18:50–19:35 Jumping Fitness	18:00–19:00 Yin Yoga	18:30–19:15 Rheuma-Liga	18:00–19:00 Hot Iron		
						19:35–20:20 Jumping Soft (für Anfänger)	19:10–20:10 Boostar	19:35–20:20 Jumping Fitness	19:15–20:00 Zumba Step		
									20:00–20:45 Jumping Fitness		