

Stop Cold 09:00	Reha Ortho 09:00	Reha Ortho 09:00	Reha Ortho 09:00	Yoga Mats 09:00
Rücken Fit 09:30	Reha Zirkeltraining (betreutes Krafttraining) 09:30	Neurol. Walking 10:00	Jumping Board 10:00	
Reha Innere Medizin 10:00	Reha Ortho 10:00	Reha Ortho 11:00	Reha Zirkeltraining (betreutes Krafttraining) 15:00	
Reha Ortho 15:00	Rehasport: Herzsport 16:00	Jumping Fitness® 17:30	Reha Ortho 16:00	
Faszien Training 17:00	Aqua-Reha 16:30	Reha Ortho 18:00	Faszien- & Rücken Training im Fivezirkel 16:30	
Stop 17:30	Reha Ortho 17:30	Yoga 18:00	Reha Ortho 17:00	
Starker Körper 18:00	Reha Ortho 18:30		Stop 18:00	
Yoga Mats 18:30			Rücken Fit 19:00	