

*Kurse im Bereich*

## **REHASPORT TROCKEN, YOGA & ZUMBA**

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:00 – 10:00					
10:00 – 13:00	<b>Reha</b> 10:15–11:00 (BMD) <b>Reha</b> 12:00–12:45 (BMD)	<b>Reha</b> 10:00–10:45 (EVH)	<b>Reha</b> 10:45–11:30 (BMD) <b>Reha</b> 11:00–11:45 (EVH)	<b>Reha</b> 10:00–10:45 (EVH) <b>Reha</b> 11:00–11:45 (EVH) <b>Reha</b> 11:15–12:00 (BMD)	<b>Reha</b> 10:15–11:00 (BMD)
13:00 – 16:00			<b>Reha</b> 14:00–14:45 (EVH) <b>Reha</b> 15:00–15:45 (EVH)	<b>Reha</b> 15:30–16:15 (BMD)	<b>Reha</b> 13:00–13:45 (EVH) <b>Reha</b> 14:00–14:45 (EVH)
16:00 – 19:00	<b>Yoga</b> 17:45–18:45 (BMD)	<b>Reha</b> 16:30–17:15 (BMD) <b>Reha</b> 18:15–19:00 (BMD) <b>Reha</b> 18:30–19:15 (TBW)	<b>Reha</b> 16:00–16:45 (EVH) <b>Reha</b> 16:30–17:15 (BMD) <b>Reha</b> 17:00–17:45 (EVH) <b>Reha</b> 17:30–18:15 (BMD) <b>Yoga</b> 18:30–19:30 (BMD)	<b>Reha</b> 16:30–17:15 (BMD) <b>Reha</b> 17:00–17:45 (TBW) <b>Reha</b> 17:30–18:15 (BMD) <b>Yoga</b> 18:30–19:30 (EVH)	<b>Zumba</b> 16:00–17:00 (BMD)
19:00 – 20:45	<b>Yoga</b> 19:00–20:00 (BMD)			<b>Pilates</b> 19:30–20:30 (BMD) <b>Yoga</b> 19:45–20:45 (EVH)	

Kursorte: EVH = Evershagen, BMD = Brinckmandorf, TBW = Trotzenburger Weg