



Kurse im Bereich

REHASPORT TROCKEN, YOGA & ZUMBA

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

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