

# KURSPLAN

## MONTAG

Rehasport  
09:00 - 09:45  
Marie / Nico

Rehasport  
10:00 - 10:45  
Nico

Pilates\*  
17:00 - 18:00  
Bianca

Pilates\*  
18:15 - 19:15  
Bianca

## DIENSTAG

Rehasport  
09:00 - 09:45  
Nico

Rehasport  
10:00 - 10:45  
Jana

Rehasport  
11:00 - 11:45  
Jana

Rehasport  
16:30 - 17:15  
André

Rehasport  
17:30 - 18:15  
André

Rehasport  
20:00 - 20:45  
André

## MITTWOCH

Rehasport  
09:00 - 09:45  
Axel / Jana

Rehasport  
10:00 - 10:45  
Axel / Jana

Pilates\*  
16:30 - 17:30  
Bianca

Escrima\*  
18:00 - 19:00  
Andreas

WingTsun\*  
19:00 - 20:00  
Andreas

## DONNERSTAG

Rehasport  
09:00 - 09:45  
Marie / Jana

Rehasport  
10:00 - 10:45  
Axel / Nico

Rehasport  
11:00 - 11:45-  
Marie / Jana

Rehasport  
16:30 - 17:15  
André

Rehasport  
17:30 - 18:15  
André

WingTsun\*  
18:30 - 19:30  
Andreas

Rehasport  
20:00 - 20:45  
André

## FREITAG

Rehasport  
09:00 - 09:45  
Jana

Rehasport  
10:00 - 10:45  
Nico

Rehasport  
17:00 - 17:45  
André

Escrima\*  
18:00 - 19:00  
Andreas

WingTsun\*  
19:00 - 20:00  
Andreas