

## Montag

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| Sling-Kurs | 08:30 – 09:15 |
| Rehasport  | 09:30 – 10:30 |
| Sling-Kurs | 17:30 – 18:15 |
| Sling-Kurs | 18:30 – 19:15 |
| Sling-Kurs | 19:15 – 20:00 |

## Dienstag

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| Rehasport  | 09:00 – 10:00 |
| Rehasport  | 10:00 – 11:00 |
| Rehasport  | 11:00 – 12:00 |
| Sling-Kurs | 17:00 – 17:45 |
| Sling-Kurs | 17:45 – 18:30 |
| Rehasport  | 18:30 – 19:30 |
| Rehasport  | 19:30 – 20:30 |

## Mittwoch

|                                      |               |
|--------------------------------------|---------------|
| Rehasport                            | 09:30 – 10:30 |
| Rehasport                            | 16:30 – 17:30 |
| Rehasport                            | 18:00 – 19:00 |
| Rückbildung                          | 19:00 – 20:15 |
| Sling-Kurs für Mamis nach der Geburt | 20:15 – 21:00 |

## Donnerstag

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| Rehasport | 08:30 – 09:30 |
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| Rehasport | 09:30 – 10:30 |
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| Rückbildung | 10:45 – 12:00 |
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| Rehasport | 17:15 – 18:15 |
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| Sling-Kurs | 18:30 – 19:15 |
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| Sling-Kurs | 19:15 – 20:00 |
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| Sling-Kurs | 20:00 – 20:45 |
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## Freitag

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| Rehasport | 09:00 – 10:00 |
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| Rehasport | 16:00 – 17:00 |
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