

# Kursplan Rehasport Buchholz e.V.

Friedhofstraße 21 21244 Buchholz



Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
				07:30	Rehasport	07:40	Rehasport		
09:15	Hocker-gymnastik	08:15	Rehasport	08:20	Rehasport	08:35	Rehasport	08:00	Rehasport
09:00	MTT	09:10	Rehasport	09:10	Rehasport	09:30	Pilates	09:00	Rehasport
09:30	Nordic Walking	09:00	MTT	09:00	Präventives Rückentraining Marcel	09:00	MTT	10:00	Rehasport
10:00	MTT	10:00	MTT	10:05	Hocker-gymnastik	10:00	MTT	09:00	MTT
10:15	Rehasport	10:05	Rehasport	11:20	Rehasport	11:00	MTT	10:00	MTT
11:00	MTT	11:00	Pilates	11:00	MTT	11:30	Rehasport	11:00	MTT
		12:10	Rehasport	12:15	Rehasport	12:30	Rehasport	12:00	MTT
12:10	Rehasport	13:10	Rehasport	13:10	Rehasport	13:30	Rehasport	11:00	Senioren-yoga
13:05	Rehasport	14:00	MTT	14:10	Rehasport	13:00	MTT	12:30	Osteoporose-Gymnastik
14:00	Rehasport			15:05	Rehasport	14:30	Rehasport	13:15	Hocker-gymnastik
14:50	Rehasport	15:00	Osteoporose-Gymnastik	15:00	MTT	14:00	MTT	15:00	MTT
15:45	Rehasport	16:00	Rehasport			15:25	Rehasport	15:00	Kinderyoga
16:40	Rehasport	17:00	Rehasport	16:00	Rehasport	16:20	Rehasport	16:00	Yoga
17:00	MTT	17:00	MTT	17:00	Rehasport	17:30	Rehasport		
19:00	MTT	18:00	Rehasport	17:00	MTT	18:20	Rehasport		
17:35	Senioren-yoga			19:00	MTT	17:00	MTT		
18:30	Yoga	19:00	MTT	18:00	Pilates	19:15	Rehasport		
19:35	Yoga	19:00	Pilates	19:05	Pilates	19:00	MTT		
		20:05	Pilates	20:05	Pilates				