

# Kursplan me vivo

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

08.15 - 09.00  
Rehasport  
Olga

09.00 - 09.45  
Rehasport  
Natalie

10.00 - 11.00  
Pilates  
Olga

10.00 - 10.45  
Reha Wasser  
Antje (Kurhaus)

10.45 - 11.30  
Reha Wasser  
Antje (Kurhaus)

11.00 - 11.45  
Rehasport  
Olga

11.45 - 12.30  
Rehasport  
Julia

14.45 - 15.30  
Rehasport  
Sven

15.00 - 15.45  
Reha Wasser  
Dominic (Hotel)

15.45 - 16.30  
Reha Wasser  
Dominic (Hotel)

16.30 - 17.15  
Reha Wasser  
Michelle (Hotel)

17.15 - 18.00  
Reha Wasser  
Michelle (Hotel)

17.00 - 18.00  
Core  
Natalie

18.00 - 19.00  
Hot Iron  
Natalie

19.00 - 20.00  
Pilates  
Olga

20.00 - 20.45  
Rehasport  
Jury

08.15 - 09.00  
Reha-Knie-Hüfte (Hocker)  
Olga

09.00 - 10.00  
SO/WI FIT  
Olga

10.00 - 11.00  
Rücken-Fit  
Olga

11.00 - 11.45  
Rehasport  
Natalie

11.45 - 12.30  
Reha-Knie-Hüfte (Hocker)  
Natalie

16.15 - 17.00  
Rehasport  
Ralf

17.00 - 17.45  
Rehasport  
Ralf

17.30 - 18.15  
Rehasport Wasser  
Michelle (Kurhaus)

18.00 - 19.00  
Rücken-Fit  
Sven

19.00 - 19.45  
Rehasport  
Sven

20.00 - 20.45  
Rehasport  
Sven

08.15 - 09.00  
Rehasport  
Olga

09.15 - 10.00  
Rehasport  
Michelle

10.00 - 10.45  
Rehasport  
Michelle

11.00 - 11.45  
Rehasport  
Ralf

11.45 - 12.30  
Rehasport  
Ralf

14.45 - 15.30  
Rehasport  
Natalie

15.30 - 16.15  
Rehasport  
Natalie

16.15 - 17.00  
Rehasport  
Natalie

16.30 - 17.15  
Reha Wasser  
Nadine

17.15 - 18.00  
Reha Wasser  
Nadine

18.00 - 19.00  
Pilates  
Olga

19.00 - 20.00  
Hot Iron  
Natalie

20.15 - 21.00  
Rehasport  
Natalie

08.15 - 09.00  
Reha-Knie-Hüfte (Hocker)  
Olga

09.00 - 09.45  
Rehasport  
Antje

10.00 - 10.45  
Rehasport  
Antje

10.45 - 11.30  
Rehasport  
Antje

11.30 - 12.15  
Rehasport Hocker  
Olga

15.30 - 16.15  
Rehasport  
Jury

16.15 - 17.00  
Rehasport  
Jury

17.00 - 17.45  
Rehasport  
Olga

18.00 - 19.00  
Rücken-Fit  
Olga

19.00 - 20.00  
Zumba  
Natalie

20.00 - 20.45  
Rehasport  
Jury

08.15 - 09.00  
Rehasport  
Olga

10.00 - 11.00  
Pilates  
Olga

11.00 - 11.45  
Reha-Knie-Hüfte  
Olga

11.45 - 12.30  
Reha-Knie-Hüfte

16.15 - 17.00  
Rehasport  
Jury

17.00 - 17.45  
Rehasport  
Jury

18.00-18.45  
Rehasport  
Jury

09.15 - 10.00  
Reha Wasser  
Antje

10.00 - 10.45  
Reha Wasser  
Antje

10.45 - 11.30  
Reha Wasser  
Antje

11.30 - 12.15  
Reha Wasser  
Dominic

16.00 - 16.45  
Reha Wasser  
Nadine

16.45 - 17.30  
Reha Wasser  
Nadine

10.15 - 11.00  
Rehasport  
Natalie

**Kurse  
me vivo Mitglieder**

**Rehasport Wasser  
GRSV Kirchlengern e.V.**

**Rehasportkurse  
GRSV Kirchlengern e.V.**