

Reha- Übungsplan ab 07.01.2025			
Tag	Zeit	Ort	Trainer
Mo a	18:30 – 19:30	AW	Kristina
Di mo 1	09:00 – 10:00	AW	Alex
Di mo 2	10:15 – 11:15	AW	Alex
Mi mo	09:00 – 10:15	AW	Irene
Mi a	17:30 – 18:45	AW	Irene
Do mo 1	09:00 – 10:00	AW	Alex
Do mo 2	10:15 – 11:15	AW	Alex
Do Schlag	14:00 – 15:30	AW	Irene
Do COPD	15:45 – 17:00	AW	Irene
Do a	17:30 – 18:45	AW	Irene