

**Reha- Übungsplan ab 10.03.25**

Tag	Zeit	Ort	Trainer	
Mo a 1	17:30 – 18:30	AW	Kristina	
<b>Mo a 2</b>	<b>18:45 – 19:45</b>	<b>AW</b>	<b>Kristina</b>	neu
Di mo 1	09:00 – 10:00	AW	Alex	
Di mo 2	10:15 – 11:15	AW	Alex	
Mi mo 1	09:00 – 10:15	AW	Irene	
<b>Mi mo 2</b>	<b>10:30 – 11:45</b>	<b>AW</b>	<b>Irene</b>	neu
		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	