

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:00					
07:30		Herzinsuffizienz (Frommhold)		Herzinsuffizienz (Frommhold)	
08:00				Rehasport (Lohmann)	
08:30					
09:00		Rehasport (Lohmann)	Gefäßsport (Müller)	Osteoporose (Kauth)	Osteoporose (Kauth)
09:30		Rehasport (Geishendorf)			
10:00			Rehasport (Lohmann)		
10:30			Rehasport (Lohmann)	Rehasport (Geishendorf)	
11:00	Rehasport (Meyer)	Herzsport (Meyer)			Herzsport (Scheibe)
11:30					
12:00	Aquajogging (Lange)	Wassergymnastik(Pierson)			
12:30	Aquajogging (Lange)	Wassergymnastik(Pierson)			
13:00	Aquajogging (Lange)	Wassergymnastik(Pierson)			
13:30	Aquajogging (Lange)	Wassergymnastik(Pierson)			
14:00			Herzsport (Frommhold)	Rehasport (Nedwidek)	
14:30	Herzsport (Müller)				
15:00		Neurosport (Letzel)	Lungensport (Frommhold)	Neurosport (Letzel)	
15:30					
16:00	Rehasport (Groth)			MammaCa (Nedwidek)	Aquajogging (Meyer)
16:30					Wassergymnastik (Groth)
17:00	Herzsport (Meyer)	Rehasport (Geishendorf)	Rehasport (Lohmann)		Aquajogging (Meyer)
17:30					Wassergymnastik (Groth)
18:00				Rehasport (Meyer)	
18:30					
19:00			Aquajogging (Geishendorf)	Rehasport (Meyer)	
19:30			Aquajogging (Geishendorf)		