

Kursplan Ostercappeln

gültig ab 16.08.2022



| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG |
|-----------------------------|------------------------------------|-----------------------------|-----------------------------|------------------------------------|
| Reha-Sport 09:15 – 10:00 | Funktionstraining 08:30 – 09:00 | Reha-Sport 09:15 – 10:00 | | |
| | | | Reha-Sport 11:00 – 11:45 | |
| | 07 | | | |
| | Reha-Sport 17:30 – 18:15 | 08 | Reha-Sport 17:00 – 17:45 | Funktionstraining 17:00 – 17:30 |
| | | | | |
| | | | Hatha-Yoga 18:00 – 19:30 | |