



**meditrain**  
fitness • physio • reha

## Rehasporttermine ab 01.10.2010

| Montag                | Dienstag                  | Mittwoch              | Donnerstag            | Freitag                      | Samstag                   |
|-----------------------|---------------------------|-----------------------|-----------------------|------------------------------|---------------------------|
|                       |                           |                       |                       | <b>08.15 - 09.00h</b>        |                           |
| <b>08.30 - 09.30h</b> |                           |                       |                       | <i>Rehazirkel</i>            |                           |
| Rehacycling           | <b>09.15 - 10.15h</b>     | <b>09.00-09.45h</b>   |                       |                              |                           |
|                       | <i>Pilates Einführung</i> | Rehazirkel            | <b>9.00 - 9.45h</b>   |                              |                           |
|                       |                           | <b>10.00 - 10.45h</b> | <i>Rehazirkel</i>     | <b>10.00 - 11.00h</b>        | <b>10.00 - 10.45h</b>     |
|                       |                           | <i>Rehazirkel</i>     |                       | <i>Wirbelsäulengymnastik</i> | <i>Rehazirkel</i>         |
|                       |                           |                       |                       | <b>NEU ab 12.11.10</b>       | <b>10.00 - 11.00h</b>     |
|                       | <b>15.00 - 15.45h</b>     | <b>15.00 - 15.45h</b> |                       | <b>15.30 - 16.15h</b>        | <i>Pilates Einführung</i> |
|                       | <i>Rehazirkel</i>         | <i>Rehazirkel</i>     |                       | <i>Wirbelsäulengymnastik</i> |                           |
|                       |                           |                       | <b>17.00 - 17.45h</b> |                              |                           |
|                       |                           |                       | <i>Rehazirkel</i>     |                              |                           |
|                       | <b>17.45 - 18.30h</b>     |                       |                       |                              |                           |
|                       | <i>Wirbelsäulengym.</i>   | <b>19.15 - 20.00h</b> |                       |                              |                           |
| <b>20.00 - 20.45h</b> | <b>20.00 - 20.45h</b>     | Rehacycling           |                       |                              |                           |
| <i>Rehazirkel</i>     | <i>Rehazirkel</i>         |                       |                       |                              |                           |