



ab 01.09.2020 Kursangebot des VGS Kiebitz e.V. (im Reha-Zentrum Teltow)

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
07:30	Wasser - gymnastik 07:30 - 08:00	Reha Sport 07:15 - 08:00	Wasser - gymnastik 07:30 - 08:00	Reha Sport 07:30 - 08:30	Wasser - gymnastik 07:30 - 08:00	Reha Sport 07:15 - 08:00
08:00	Wasser - gymnastik 08:00 - 08:30	Reha Sport 08:00 - 09:00	Wasser - gymnastik 08:00 - 08:30	Reha Sport 07:30 - 08:30	Wasser - gymnastik 08:00 - 08:30	Reha Sport 08:00 - 09:00
	Wasser - gymnastik 08:30 - 09:00		Wasser - gymnastik 08:30 - 09:00		Wasser - gymnastik 08:30 - 09:00	Wasser - gymnastik 08:30 - 09:00
09:00						
10:00						Wasser - gymnastik 10:00 - 10:30
						Wasser - gymnastik 10:30 - 11:00
11:00						Wasser - gymnastik 11:00 - 11:30



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Zeit	Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
16:00										
17:00										Osteoporose - gymnastik 16:30 - 17:30
18:00	Wasser - gymnastik 18:00 - 18:30	Reha Sport 18:00 - 19:00	Wasser - gymnastik 18:00 - 18:30	Reha Sport 18:00 - 19:00	Wasser - gymnastik 18:00 - 18:30	Ganzkörper Training 18:30 - 19:30	Wasser - gymnastik 18:00 - 18:30	Reha Sport 18:00 - 19:00	Reha Sport 17:30 - 18:30	
	Wasser - gymnastik 18:30 - 19:00		Wasser - gymnastik 18:30 - 19:00		Wasser - gymnastik 18:30 - 19:00		Wasser - gymnastik 18:30 - 19:00			
19:00		Pilates 19:00 - 19:45		Fitness Kurs 19:00 - 19:45		Ganzkörper Training 18:30 - 19:30		Fitness Kurs 18:30 - 19:15		
	Wasser - gymnastik 19:30 - 20:00				Wasser - gymnastik 19:30 - 20:00		Wasser - gymnastik 19:30 - 20:00			
20:00	Wasser - gymnastik 20:00 - 20:30	Fitness Kurs 19:45 - 20:30		TRX 19:15 - 20:15		Ganzkörper Training 18:30 - 19:30		Reha Sport 19:00 - 20:00		
					Wasser - gymnastik 20:00 - 20:30		Wasser - gymnastik 20:00 - 20:30			