

Unsere Gruppenzeiten in Luckenwalde

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:00					
08:30					
09:00			Rehasport +		Fitdankbaby 09:00 - 11:45
09:30			09:00-10:00		
10:00					
10:30			Rehasport +		
11:00	Wassergymnastik Reha		10:15-11:15		
11:30	11:00 - 11:45 Wassergymnastik Funktion				
12:00	11:45 - 12:15				
12:30	Wassergymnastik Reha 12:15 - 13:00				

13:00	Wassergymnastik Reha NEU ab 01.11.2021				
13:30	13:00 - 13:45				
14:00					
14:30					
15:00	Herzsport 1		freies Krafttraining		
15:30	15:00 - 16:00	Rehasport Kinder	15:00 - 17:00		
16:00	Herzsport 2	15:30-16:15			
16:30	16:00 -17:00		Rehasport		
17:00	Herzsport 3		16:30 - 17:15		
17:30	17:00 - 18:00		Rehasport +		
18:00	freies Krafttraining	Kundalini- Yoga	17:30 -18:30		
18:30	18:00 - 19:30	18:00 - 19:30			
19:00			Rehasport +		
19:30			18:45 - 19:45		