

Kursplan Radebeul



ab 01/2020

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|---|---|--|------------|---|
| | 08:45-09:45 Rehasport (Norman) | 09:00-10:00 Rehasport (Norman) | | |
| | 10:00-11:00 Rehasport (Norman) | 10:30-12:00 Männerkurs (Norman) | | 10:00-11:00 Rehasport (Norman) |
| | 16:00-17:00 Rehasport (Norman) | | | |
| 17:30-18:30 Rehasport (Norman) | 17:15-18:15 Rehasport (Norman) | 17:15-18:45 Yoga (Peter Brose) | | |
| 18:45-19:45 Rehasport (Norman) | | 19:00-20:30 Yoga (Heike Plagge) | | 18:00-19:00 Pilates (Peter) |
| 20:00-21:00 Rehasport (Norman) | | | | |

Weitere Informationen zu den Angeboten erhalten Sie bei

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