

## Kursplan gültig ab 01.10.2021

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08:00						
08:30						
09:00		Rheumaliga (AR/SC/JS)	Rehasport (AR/SC/EP)	Aqua-Fitness (AR/SC/EP)	Rehasport (AR/SC/KH)	Rehasport (Rota)
09:30	Aqua-Fitness (AR/EP/SC)	Aqua-Fitness (AR/SC)	Rheumaliga (AR/EP/SC)	Aqua-Fitness (AR/SC/EP)	Rheumaliga (AR/EP/SC/JS)	
10:00	Rheumaliga (AR/JS/SC/EP)	Wassergymnastik. (AR/alle)	Wassergymnastik (AR/alle)	Wassergymnastik (AR/alle)	Wassergymnastik (AR/alle)	Wassergymnastik (Rota)
11:00		Rehasport (AR/SC/EP)	Rheumaliga (AR/EP/SC/JS)	Rehasport (AR/SC/KH)	Rehasport (AR/SC/KH)	Rehasport (Rota)
11:30			Rheumaliga (AR/EP/SC/JS)			
12:00	Rheumaliga (AR/JS/SC/EP)	Rheumaliga (AR/EP/SC/JS)	Rheumaliga (AR/EP/SC/JS)	Rheumaliga (AR/EP/JS)	Rehasport (AR/SC/KH)	
12:30	Rheumaliga (AR/JS/SC/EP)	Rheumaliga (AR/EP/SC/JS)	Rheumaliga (AR/EP/SC/JS)	Rehasport (AR/SC/KH)		
13:00		Rehasport (AR/SC/KH)				
13:30						
14:00						
14:30	Rheumaliga (AR/JS/SC/EP)	Wassergymnastik (AR/alle)		Wassergymnastik (AR/alle)		
15:00	Rheumaliga (AR/JS/SC/EP)	Rehasport (BD/SC)		Rheumaliga (AR/JS/SC/EP)	Rheumaliga (AR/JS/KH)	
15:30	Rehasport (AR/SC/EP)	Rheumaliga (AR/JS/SC/EP)	Rehasport (AR/KH/SC)	Rehasport (AR/KH/SC)	Rheumaliga (AR/JS/KH)	
16:00	Rheumaliga (OY/EP/AR)	Rheumaliga (AR/SC/JS)		Rheumaliga (EP/SC)	<b>DLRG I</b>	
16:30	Rheumaliga (OY/AR)	Rehasport (SY/AR)	Aqua-Fitness (AR/EP)	Rheumaliga (AD/AR/SY)	<b>DLRG II</b>	
17:00	Rheumaliga (OY/AR)	Rheumaliga (SY/AR)	Rehasport (SY/AD/AR)	Rheumaliga (AR/JS/SC/EP)	Nachsorge	
17:30	Rheumaliga (OY/AR)	Rheumaliga (SY/AR)	Rehasport (SY/AD/AR)	Rheumaliga (AD/AR/SY)	Nachsorge	
18:00	Rheumaliga (OY/AR)	Rheumaliga (SY/AR)	Rehasport (SY/AD/AR)	Aqua-Fitness (AD/AR/SY)		
18:30	Rheumaliga (OY/AR)					
19:00	Rheumaliga (OY/AR)					
19:30	Rheumaliga (OY/AR)					
20:00						
20:30						

Susanne  
Conze (SC)  
Erika Pruin  
(EP)

Anja Döveling  
(AD)  
Angelo Renzullo  
(AR)

Jens Schröder  
(JS)  
Oktay Yeter  
(OY)

Sabrina Yeter  
(SY)

Kirsten Heinemann  
(KH)  
Rotation  
RO Therapie

**Wir bitten um Verständnis, wenn sich der Kursstart um einige Minuten verspätet. Die Kursdauer bleibt für Sie auf jeden Fall bestehen.**

[www.hellweg-sole-thermen.de](http://www.hellweg-sole-thermen.de)

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