

KURSPLAN PRÄVENTION

gültig ab dem 01.02.2026

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
Kursraum	Kursraum	Kursraum	Kursraum	Kursraum	Kursraum	Kursraum	Kursraum	Kursraum	Kursraum
09:00 - 09:45 BBP Jessi KR 1				08:15 - 09:00 Fit im Alltag Elena KR 1					
09:45 - 10:15 HWS Jan MFR		09:00 - 09:30 Rücken Fit Emma KR 1		09:00 - 09:45 Fit im Alltag Elena KR 1				09:00 - 09:45 Früh Fit Jessi KR 1	
10:15 - 10:45 Tiefenstabi Jan MFR	12:20 - 12:50 Wasser Gym Jessi Bad	09:30 - 10:00 Stretching Emma KR 1		10:00 - 11:00 Yoga Sonia KR 2	12:20 - 12:50 Wasser Gym Emma Bad	10:00 - 10:45 Balance Fit Jessi KR 2		09:15 - 10:15 TaiChi QiGong Daniel KR 2	12:20 - 12:50 Wasser Gym Emma Bad
10:45 - 11:15 Tiefenstabi Jan MFR	12:50 - 13:20 Wasser Gym Jessi Bad				12:50 - 13:20 Wasser Gym Emma Bad				12:50 - 13:20 Wasser Gym Hannes Bad
17:00 - 17:30 HWS Jérémy KR 1		16:00 - 17:00 TaiChi QiGong Daniel KR 1	16:00 - 17:00 Yoga Sonia KR 2	17:00 - 17:30 HWS Jérémy KR 2					
17:30 - 18:00 Mobility Fit Jérémy KR 1		16:30 - 17:30 RV Fit Elena MFR		17:30 - 18:00 Mobility Fit Jérémy KR 2					
	18:00 - 19:00 RV Fit Elena MFR	17:30 - 18:30 RV Fit Jan MFR							
19:00 - 20:00 RV Fit Sonia MFR			19:00 - 19:45 Aqua Fit Svea Bad	19:00 - 20:00 RV Fit Jérémy MFR	18:30 - 19:30 Aquafitness Jessi Bad	18:30 - 19:30 RV Fit Johanna MFR	19:00 - 19:45 Aqua Fit Emma Bad		
			19:45 - 20:30 Aqua Fit Svea Bad		19:30 - 20:30 Aquafitness Jessi Bad		19:45 - 20:30 Aqua Fit Emma Bad		

[www.rehazentrumjunge.de/fitness- und präventionskurse](http://www.rehazentrumjunge.de/fitness-und-praeventionskurse)



FITNESSKURSE | PRÄVENTIONSKURSE | RV FIT

KURSPLAN REHASPORT

gültig ab dem 01.10.2025

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
KR / Studio	Bad	KR / Studio	Bad	KR / Studio	Bad	KR / Studio	Bad	KR / Studio	Bad
13:45 - 14:45 FuGy Mika MFR		08.00 - 09.00 Ergometer MTT Kardio 1				09:45 - 10:30 Horizonte Sonia S1			
14:15 - 15:00 Horizonte Hannes S2		10:15 - 11:00 WS Gym Jessica MFR		13:15 - 14:15 FuGy Susanne S1					
14:45 - 15:30 SpeMu Mika MFR		11:00 - 11:45 WS Gym Jessica MFR	12:30 - 13:15 WasserGym Vanessa Bad	14:15 - 15:00 WS Gym Susanne S1			12:30 - 13:15 WasserGym Vanessa Bad		
15:30 - 16:30 WS Gym Sonia MFR		13:00 - 14:00 WS Gym Susanne MFR		15:00 - 16:00 WS Gym Emilia KR1		14:00 - 15:00 Ergometer MTT Kardio1		14:00 - 14:45 SpeMu Hannes MFR	
16.00 - 17.00 Ergometer Elena Kardio 1		14:15 - 15:00 WS Gym Susanne MFR		16:00 - 17:00 WS Gym Emilia KR1		14:00 - 15:00 WS Gym Jessi MFR		15:00 - 16:00 SpeMu Johanna MFR	
	17:15 - 18:00 WasserGym Emma Bad	15:00 - 16:00 SpeMu Susanne MFR			17:30 - 18:15 WasserGym Rebecca Bad				
	18:00 - 18:45 WasserGym Emma Bad		17:30 - 18:15 WasserGym Sonia Bad				18:00 - 18:45 WasserGym Emma Bad		17:15 - 18:00 WasserGym Jérémy Bad
	18:45 - 19:30 WasserGym Emma Bad		18:15 - 19:00 WasserGym Sonia Bad	17:30 - 18:30 Herzinsuffiz. UMG KR1					18.00 - 18.45 WasserGym Jérémy Bad
									18:45 - 19:30 WasserGym Jérémy Bad

