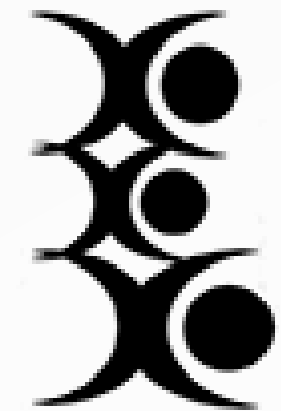


UHRZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00	REHASPORT 09:30 - 10:30 XX	REHASPORT 09:30 - 10:15 XX	REHASPORT 09:30 - 10:15 XX	REHASPORT 09:30 - 10:15 X	REHASPORT 09:30 - 10:15 X-XX		
10:00	REHASPORT 10:30 - 11:15 XX	30 MINS REHASPORT 10:30 - 11:00 X-XX	REHASPORT 10:30 - 11:15 X	REHASPORT 10:30 - 11:15 XXX	REHASPORT 10:30 - 11:15 X-XX		
11:00	REHASPORT 11:30 - 12:15 XX	30 MINS REHASPORT 11:15 - 11:45 X	REHASPORT 11:30 - 12:15 XX	REHASPORT 11:30 - 12:15 XXX	REHASPORT 11:30 - 12:15 XXX		
12:00	REHASPORT 12:30 - 13:15 XX	30 MINS REHASPORT 12:00 - 12:30 X	REHASPORT 12:30 - 13:15 XX	REHASPORT 13:00 - 13:30 X	REHASPORT 12:30 - 13:00 XX		
13:00	IN PLANUNG 13:30 - 14:15 XX			REHASPORT 13:45 - 14:30 X	REHASPORT 13:15 - 14:00 XXX		
14:00				IN PLANUNG 14:15 - 15:30 XX	REHA-HOCKER 14:15 - 15:00 FREDERIC		
15:00					IN PLANUNG 15:15 - 16:00 XX		
16:00		REHASPORT 16:00 - 16:45 XX	REHASPORT 15:45 - 16:15 XX				
17:00		REHASPORT 17:00 - 17:45 X-XX	REHASPORT 16:45 - 17:30 XX	REHASPORT 16:30 - 17:15 XXX			
18:00	IN PLANUNG 18:15 XXX	REHASPORT 18:00 - 18:45 XX	REHASPORT 17:45 - 18:30 XX	REHASPORT 17:30 - 18:15 XXXX			
19:00	IN PLANUNG 19:15 XXX	REHASPORT 19:00 - 19:45 XXX	REHASPORT 18:45 - 19:30 XXXX	REHASPORT 18:30 - 19:15 XXX			
20:00				ONLINE-TRAINING 18:30 - 19:15 XXX			

WOCHENPLAN

INTENSITÄTSLEVEL

- X → LEICHT
- XX → MITTEL
- XXX → FIT
- XXXX → FIT +



FORUM
STARKE KNOCHEN