

# MTT / T-RENA / RV FIT

|       | Montag                     | Dienstag                   | Mittwoch                   | Donnerstag                 | Freitag                    |
|-------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 07:30 |                            |                            |                            |                            | <b>T-Rena** / RV FIT**</b> |
| 08:00 |                            | <b>T-Rena** / RV FIT**</b> |                            |                            |                            |
| 09:00 |                            |                            |                            | <b>T-Rena** / RV FIT**</b> |                            |
| 09:30 | <b>T-Rena** / RV FIT**</b> |                            | <b>MTT</b>                 |                            |                            |
| 10:00 |                            |                            |                            | <b>MTT</b>                 |                            |
| 10:30 |                            | <b>MTT</b>                 | <b>T-Rena** / RV FIT**</b> |                            | <b>MTT</b>                 |
| 11:30 | <b>MTT</b>                 |                            |                            |                            | <b>MTT</b>                 |
| 14:00 |                            |                            |                            | <b>MTT</b>                 | <b>MTT</b>                 |
| 15:00 |                            |                            |                            |                            | <b>MTT</b>                 |
| 16:00 | <b>MTT</b>                 |                            |                            |                            | <b>T-Rena** / RV FIT**</b> |
| 17:00 |                            | <b>T-Rena** / RV FIT**</b> | <b>T-Rena** / RV FIT**</b> | <b>T-Rena** / RV FIT**</b> |                            |
| 18:00 | <b>T-Rena** / RV FIT**</b> | <b>MTT</b>                 | <b>MTT</b>                 | <b>T-Rena** / RV FIT**</b> |                            |
| 19:00 | <b>T-Rena** / RV FIT**</b> | <b>T-Rena** / RV FIT**</b> | <b>T-Rena** / RV FIT**</b> |                            |                            |

# Rehasport

|       | Montag                        | Dienstag           | Mittwoch           | Donnerstag                             | Freitag                       |
|-------|-------------------------------|--------------------|--------------------|----------------------------------------|-------------------------------|
| 08:00 |                               | <b>Rehasport**</b> |                    |                                        |                               |
| 08:30 | <b>Rehasport**</b>            |                    |                    |                                        | <b>Rehasport**</b>            |
| 09:00 |                               | <b>Rehasport**</b> |                    |                                        |                               |
| 09:30 | <b>Rehasport**</b>            |                    |                    |                                        | <b>Rehasport Frauenkurs**</b> |
| 10:00 |                               | <b>Rehasport**</b> |                    | <b>Rehasport**</b>                     |                               |
| 10:30 | <b>Rehasport Frauenkurs**</b> |                    | <b>Rehasport**</b> |                                        | <b>Rehasport**</b>            |
| 11:00 |                               | <b>Rehasport**</b> |                    | <b>Rehasport**</b>                     |                               |
| 11:30 | <b>Rehasport**</b>            |                    |                    |                                        | <b>Rehasport**</b>            |
| 12:00 |                               |                    |                    | <b>Rehasport**</b>                     |                               |
| 14:00 |                               |                    |                    |                                        | <b>Rehasport**</b>            |
| 15:00 | <b>Rehasport**</b>            |                    |                    |                                        | <b>Rehasport**</b>            |
| 16:00 |                               |                    | <b>Rehasport**</b> | <b>Infoveranstaltung<br/>Rehasport</b> |                               |
| 17:00 | <b>Rehasport**</b>            |                    | <b>Rehasport**</b> | <b>Rehasport**</b>                     |                               |
| 18:00 |                               | <b>Rehasport**</b> |                    | <b>Rehasport**</b>                     |                               |
| 19:00 |                               |                    |                    | <b>Rehasport**</b>                     |                               |

Kursort: **Impulse „MZS“ Schildesche** (Westerfeldstraße 37, 33611 Bielefeld)

\*\* Eine Kostenerstattung durch Ihre Krankenkasse oder Rentenversicherung ist möglich