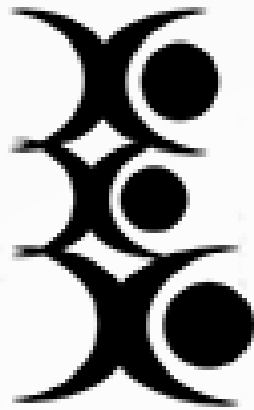


| UHRZEIT | MONTAG                                 | DIENSTAG                                     | MITTWOCH                           | DONNERSTAG                              | FREITAG                                  | SAMSTAG | SONNTAG |
|---------|----------------------------------------|----------------------------------------------|-----------------------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

# WOCHENPLAN

## INTENSITÄTSLEVEL

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



FORUM  
STARKE KNOCHEN