

PhysioConcept

Reha- und Fitnesskurse

Heeperholz 8 | 33719 Bielefeld | 0521-3367471



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
8:45 - 9:30 Reha-Orthopädie Julita	8:45 - 9:30 Reha-Orthopädie Katrin		8:30 - 9:15 Reha-Orthopädie NN	8:30 - 9:15 Reha-Orthopädie Julita
9:45 - 10:30 Reha-Orthopädie Julita	9:45 - 10:30 Reha-Orthopädie Katrin		9:30 - 10:15 Reha-Hocker NN	9:30 - 10:15 Reha-Orthopädie Julita
10:45 - 11:30 Reha-Neurologie Julita	10:45 - 11:30 Reha-Orthopädie Katrin	10:45 - 11:30 Reha-Orthopädie Katrin	10:30 - 11:15 Reha-Orthopädie Katrin	10:30 - 11:15 Reha-Hocker Julita
	14:00 - 14:45 Reha-Hocker Julita	12:00 - 13:00 Qi-gong Kurs 07.02. -10.04.24	11:30 - 12:15 Reha-Orthopädie Katrin	
	15:00 - 15:45 Reha-Hocker Julita		16:00 - 16:45 Reha-Orthopädie Janina	
	16:00 - 16:45 Reha-Orthopädie Julita		16:50 - 17:35 Reha-Orthopädie Janina	
17:55 - 18:40 TRX Schlingentraining	17:00 - 17:45 Reha-Orthopädie Marzena	17:15 - 18:00 Reha-Orthopädie NN	17:40 - 18:25 TRX Schlingentraining	17:00 o. 18:00 Faszientraining / Langhanteltraining
18:45 - 19:30 Reha-Orthopädie Marzena	18:00 - 18:45 Reha-Orthopädie Marzena	18:10 - 18:55 Reha-Orthopädie NN	18:30 - 19:15 Reha-Orthopädie Ramona	
19:40 - 20:40 Fitness Dance Marzena	19:00 - 20:00 drums alive Marzena		19:20 - 20:05 Reha-Orthopädie Ramona	

Rehakurse	Fitnesskurse
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Stand 26.01.2024