



www.pz-meschede.de

Kursplan

Stand September 2026



ANDROID IOS

ALLE KURSE BUCHBAR ÜBER DIE APP

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Rehasport 09:00 - 09:45	Rehasport 09:00 - 09:45		Krabbeltreff 09:00 - 09:45	Rehasport - Hocker GYM 09:00 - 09:45
Rehasport 10:00 - 10:45		Rehasport 11:00 - 11:45		
Krabbeltreff 11:00 - 11:45			Rehasport Privat 11:00 - 11:45	
	Rheuma-Liga 13:00 - 13:45			Stretch&Relax 13:00 - 13:45
		Windelflitzer 15:00 - 15:45	Rehasport 14:30 - 15:15	
Beckenbodengym 15:00 - 15:45	Wuppen 15:00 - 15:45	Kids Fit 16:00 - 16:45		
Rehasport 16:00 - 16:45	Rehasport Kids 16:00 - 16:45	Rehasport Kids 17:00 - 17:45	Rehasport 17:00 - 17:45	
		Afterwork 18:00 - 18:45	Rehasport 18:00 - 18:45	
	Rehasport 18:45 - 19:30	"Fokus Du" Achtsamkeit 19:00 - 19:45		

