



Physio Zentrum Meschede

Stand Mai 2025

KURSPLAN

Physio Zentrum Meschede



ANDROID

IOS

ALLE KURSE BUCHBAR ÜBER DIE APP

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Rehasport  09:00 - 09:45	Rehasport  09:00 - 09:45		Krabbeltreff 08:30- 9:30	Rehasport - Hocker GYM  09:00 - 09:45
Rehasport  10:00 - 10:45		Rehasport 11:00 - 11:45	Krabbeltreff 09:30- 10:30	
Mami Fit 11:00 - 12:00			Mami Fit 11:00 - 12:00	
	Windelflitzer 14:30 - 15:30	Windelflitzer 14:30 - 15:30	Rehasport  14:30 - 15:15	Stretch&Relax 13:00 - 13:45
		Beckenbodengym 15:00 - 15:45		
	Kids Fit 15:30 - 16:30	Kids Fit 15:30 - 16:30		
Rehasport  16:00 - 16:45	Rehasport Kids  16:30 - 17:15	Rehasport Kids  16:30 - 17:15	Rehasport  17:00 - 17:45	
Yoga  17:15 - 18:45 Herzzeit Meschede		Afterwork 18:00 - 19:00	Rehasport  18:00 - 18:45	
Yoga  19:00 - 20:00 Herzzeit Meschede	Rehasport  18:45- 19:30	"Fokus Du" Achtsamkeit 19:00 - 20:00	Yoga  19:00 - 20:30 Herzzeit Meschede	

 Rehasport laut Verordnung

www.pz-meschede.de