



KATHOLISCHE
ST. LUKAS
GESELLSCHAFT

**THERA FIT
REHA-ZENTRUM**

REHA-ZENTRUM KATHOLISCHES KRANKENHAUS DORTMUND-WEST

Kursprogramm TheraFit Reha-Zentrum



MTT + REHA

Montag	08:00 - 11:30		13:00 - 14:30		16:30 - 18:00	18:00 - 19:30	19:30 - 21:00
Dienstag	08:00 - 11:30		13:00 - 14:30		16:30 - 18:00	18:00 - 19:30	
Mittwoch	08:00 - 11:30	11:30 - 13:00			16:30 - 18:00	18:00 - 19:30	
Donnerstag	08:00 - 11:30		13:00 - 14:30		16:30 - 18:00	18:00 - 19:30	
Freitag	09:30 - 11:30				16:30 - 18:00	18:00 - 19:30	
Samstag	09:30 - 11:00	11:00 - 12:30					

REHA-GYM

Montag	09:15 - 10:00	11:20 - 12:05	13:55 - 14:40	14:45 - 15:30		18:15 - 19:00	19:00 - 19:45
Dienstag			13:30 - 14:15	15:10 - 15:55		17:30 - 18:15	18:15 - 19:00
Mittwoch		11:20 - 12:05	12:45 - 13:30			18:00 - 18:45	18:45 - 19:30
Donnerstag		09:45 - 10:30			15:45 - 16:30		
Freitag		11:15 - 12:00	12:00 - 12:45	14:15 - 15:00			
Samstag							



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AQUA (JEWEILS 45 MINUTEN)

Montag	11:30	12:15	13:00	14:00	14:45	15:30	16:30	18:00	19:00	19:50	20:35
Dienstag	10:45	11:30	13:15	14:00							
Mittwoch	11:30	14:45	15:30	16:30	17:15	18:00	19:00	19:45			
Donnerstag	10:45	11:30	12:15	13:45	14:30	18:30	19:15	20:00	20:45		
Freitag	11:30	13:45	16:00	16:45	17:30	18:15	19:00	19:45			
Samstag	10:00	11:00	11:45	12:30	13:15						

AQUA-BABY

Montag	17:15 - 18:00
Mittwoch	14:00 - 14:45

RHEUMA

Montag	Trocken: 16:45 - 18:15
Dienstag	Wasser: 16:30 - 18:30
Donnerstag	Wasser: 16:30 - 17:30
Freitag	Wasser: 14:30 - 16:00