

Kursübersicht Wassergymnastik ab Oktober 2025															
Uhrzeit	 Montag 		 Dienstag 		 Mittwoch 		 Donnerstag 		 Freitag 		 Samstag 		 Sonntag 		
	Bad 1	Bad 2	Bad 1	Bad 2	Bad 1	Bad 2	Bad 1	Bad 2	Bad 1	Bad 2	Bad 1	Bad 2	Bad 1	Bad 2	
7:30	7:30 Funktion		7:30 Rehasport		7:30 Funktion		7:30 Rehasport		7:30 Rehasport						
08:00	8:15 Funktion	8:00 Rehasport		8:00 Rehasport	8:15 Funktion	8:00 Rehasport		8:00 Rehasport		8:00 Rehasport		8:00 Rehasport			
09:00		9:00 Rehasport		9:00 Rehasport		9:00 Rehasport		9:00 Rehasport		9:00 Rehasport		9:00 Rehasport		9:00 Rehasport	
10:00		10:00 Rehasport		10:00 Rehasport		10:00 Rehasport		10:00 Rehasport		10:00 Rehasport	10:00 Baby-Kinder schwimmen	10:00 Rehasport	10:00 Baby-Kinder schwimmen	10:00 Rehasport	
													10:50 Baby-Kinder schwimmen		
11:00		11:00 Rehasport		11:00 Rehasport		11:00 Rehasport		11:00 Rehasport		11:00 Rehasport	11:00 Baby-Kinder schwimmen	11:00 Rehasport	11:40 Baby-Kinder schwimmen	11:00 Rehasport	
12:00	12:10 Rehasport	12:00 Rehasport	12:10 Rehasport	12:00 Rehasport	12:10 Rehasport	12:00 Rehasport	12:10 Rehasport	12:00 Rehasport	12:10 Rehasport	12:00 Rehasport	12:00 Baby-Kinder schwimmen	12:00 Rehasport	12:30 Baby-Kinder schwimmen		
13:00		13:00 Rehasport		13:00 Rehasport		13:00 Rehasport		13:00 Rehasport		13:00 Rehasport	13:00 Kinder schwimmen	13:00 Rehasport			
14:00		14:00 Rehasport		14:00 Rehasport		14:00 Rehasport		14:00 Rehasport		14:00 Rehasport		14:00 Rehasport			
15:00	15:05 Rehasport	15:00 Rehasport	15:05 Rehasport	15:00 Rehasport		15:00 Rehasport	15:05 Rehasport	15:00 Rehasport		15:00 Rehasport		15:00 Rehasport			
16:00		16:00 Rehasport		16:00 Rehasport		16:00 Rehasport		16:00 Rehasport		16:00 Rehasport					
	16:30 Rehasport mit Jugendlichen		16:30 Funktion		16:30 Rehasport		16:30 Funktion		16:50 Kinder schwimmen		Baby- Kinderschwimmen				
17:00	17:30 Aqua Cycling P	17:00 Rehasport	17:15 Funktion	17:00 Rehasport	17:30 Rehasport	17:00 Rehasport	17:15 Funktion	17:00 Rehasport	17:35 Kinder schwimmen	17:00 Rehasport	Freitag: 17:00 Schwimmzwerge 1 17:45 Schwimmzwerge 2				
	18:20 Aqua Cycling P	18:00 Rehasport	18:20 Aqua Cycling P	18:00 Rehasport		18:00 Rehasport	18:00 Funktion	18:00 Rehasport		18:00 Rehasport	Samstag 10:00 Robben 11:00 Seelöwen 12:00 Fische 13:00 Delfine				
18:00					18:30 Aqua Cycling P				18:20 Funktion		Sonntag 10:00 Lurchis 10:50 Frösche 11:40 Pinguine 12:30 Robben				
	19:15 Aqua Cycling P	19:00 Rehasport	19:15 Aqua Cycling P	19:00 Rehasport	19:30 Aqua Cycling P	19:00 Rehasport		19:00 Rehasport	19:15 Rehasport	19:00 Rehasport					
20:00	20:05 Aqua Jumping P	20:00 Rehasport		20:00 Rehasport	20:30 Aqua Jumping P	20:00 Rehasport		20:00 Rehasport		20:00 Rehasport					
							20:45 Aqua Cycling P								
21:00	21:00 Aqua Jumping P														



Bad Sebastiansweiler
MeTraVit
MEDIZINISCHES TRAININGS-
UND VITALCENTER