

# Gruppenübersicht Orthopädie ab Juni 2021

|  | Montag |       |            | Dienstag |       |            | Mittwoch |             |            | Donnerstag |       |            | Freitag |      |            |
|--|--------|-------|------------|----------|-------|------------|----------|-------------|------------|------------|-------|------------|---------|------|------------|
|  | Raum1  | 1. OG | Raum 2     | Raum1    | 1. OG | Raum 2     | Raum 1   | 1. OG       | Raum 2     | Raum 1     | 1. OG | Raum 2     | Raum 1  | 1.OG | Raum 2     |
|  |        |       | 10:30 Herz |          |       |            |          |             |            |            |       | 10:30 Herz |         |      | 10:30 Herz |
|  |        |       | 11:30 Herz |          |       | 11:30 Herz |          |             | 11:30 Herz |            |       | 11:30 Herz |         |      |            |
|  |        |       | 12:30 Ergo |          |       | 12:30 Ergo |          |             | 12:30 Ergo |            |       | 12:30 Ergo |         |      |            |
|  |        |       | 13:00 Herz |          |       | 13:00 Herz |          |             | 13:00 Herz |            |       | 13:00 Herz |         |      |            |
|  |        |       | 14:00 Ergo |          |       | 14:00 Ergo |          |             | 14:00 Ergo |            |       | 14:00 Ergo |         |      |            |
|  |        |       | 14:30 Herz |          |       | 14:30 Herz |          | 14:15 Gefäß | 14:30 Herz |            |       | 14:30 Herz |         |      |            |
|  |        |       | 15:30 Ergo |          |       | 15:30 Ergo |          |             | 15:30 Ergo |            |       | 15:30 Ergo |         |      |            |
|  |        |       | 16:00 Herz |          |       | 16:00 Herz |          |             | 16:00 Herz |            |       | 16:00 Herz |         |      |            |
|  |        |       |            |          |       | 17:00 Ergo |          |             |            |            |       |            |         |      |            |
|  |        |       |            |          |       | 17:30 Herz |          |             |            |            |       |            |         |      |            |
|  |        |       |            |          |       |            |          |             |            |            |       | 18:00 Ergo |         |      |            |
|  |        |       |            |          |       |            |          |             |            |            |       | 18:30 Herz |         |      |            |

MuG Muskel-Gelenk-Gym. (zuzahlungsfrei)  
 WSG 1 Wirbelsäulengymn. Einsteiger

WSG 2 Wirbelsäulengymn. / Rückenfit  
 WSG P Wirbelsäulengymn. / Rückenfit mit Pilateselementen

MuG L Lungensport  
 WSG Z Wirbelsäulengymn. Zirkeltraining