

# Gesundheits- und Rehabilitationssport Koblenz e.V.

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
WS 8.00 - 8.45 Christiane KR Mitte ARK	Aqua 7.45 – 8.30 Alina ARK	WS 8.00-8.45 Heike Campo		Aqua 8.00 – 8.45 Alina
		WS 8.30-9.15 Alina Rhenania	WS 8.30 - 9.15 Alina Rhenania	
		WS 9.30-10.15 Alina Rhenania	WS 9.30 - 10.15 Alina Rhenania	
		WS 10.30-11.15 Alina Rhenania		WS 8.00-8.45h Heike Campo/KR groß
		WS 11.30-12.15 Alina Rhenania		WS 09.00 - 9.45 h Heike Campo/KR groß
	Hocker 14.30-15.00h Valeriy Campo			
	WS 15.00- 15.45 Valeriy Campo	WS 15.00- 15.45 Valeriy Campo	Hocker 15.00-15.45 Valeriy Campo	
	WS 16.00-16.45 Helga Campo	WS 16.00-16.45 Valeriy Campo	WS 16.00 – 16.45 Valeriy Campo	
Hüftgruppe 15.30- 16.30 Julian ARK KR Mosel	WS 17.00-17.45 Helga Campo	WS 17.00-17.45 Kristin Campo	WS 17.00-17.45 Alex Campo	
	WS 18.00-18.45 Helga Campo	WS 18.00-18.45 Helga Campo	Bewegte Entsp.18.00- 18.45 Alex Campo	Hocker 15.00 – 15.45 Valeriy Campo
Hocker 14.00- 14.45 Alina Campo/KR groß	WS 19.00-19.45 Helga Campo	WS 18.45-19.30 Helga Campo	WS 19.00-19.45 Kathi/Alex Campo	WS 16.00 - 16.45 Valeriy Campo/KR groß
WS 14.45 - 15.30 Alina Campo/KR groß				
WS 15.30 - 16.15 Alina Campo/KR groß		Hüftgruppe 15.30- 16.30 Julian ARK (KR Mosel)		
WS 16.15 -17.30 Alina Campo/ KR klein				Aqua 14.30- 15.15 Susanne ARK
				Aqua 15.15 - 16.00 Susanne ARK
				Aqua 16.00 - 16.45 Emmanuel ARK
Aqua 17.15 - 18.00 Valeriy ARK	Aqua 17.15 - 18.00 Emmanuel ARK	Aqua 17.15 - 18.00 Valeriy ARK		Aqua 16.45 - 17.30 Emmanuel ARK
Aqua 18.00 - 18.45 Valeriy ARK	Aqua 18.00 - 18.45 Emmanuel ARK	Aqua 18.00 - 18.45 Valeriy ARK	Aqua 18.00-18.45 Olesia	Aqua 17.30 - 18.15 Emmanuel ARK
Aqua 18.45-19.30h Jenny ARK	Aqua 18.45 - 19.30 Emmanuel ARK	Aqua 18.45 - 19.30 Valeriy ARK	Aqua 18.45-19.15 Olesia	Aqua 18.15-19.00 n.n.
Aqua 19.45-20.30 n.n.	Aqua 19.30 - 20.15 Emmanuel ARK	Aqua 19.30 - 20.15 Valeriy ARK	Aqua 19.30-20.15 Olesia	