

| Kursplan Revierpark Vonderort (Freizeithaus) - Bottroper Straße 322 - 46117 Oberhausen | | | | | |
|--|-----------------|-----------------|----------|---------------------|-----------------|
| Uhrzeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
| 09:00 - 09:45 | Orthopädie (B) | | | Orthopädie (B) | Orthopädie (B) |
| 10:00 - 10:45 | Orthopädie (B) | | | Orthopädie (B) | Lungensport (B) |
| 11:00 - 11:45 | Lungensport (B) | | | | |
| 11:30 - 12:15 | | | | Hockergymnastik (B) | |
| | | | | | |
| 16:00 - 16:45 | | | | | |
| 17:00 - 17:45 | | Lungensport (B) | | Orthopädie (B) | |
| 18:00 - 18:45 | | Orthopädie (A) | | Orthopädie (B) | |

(A) = Saal A

(B) = Saal B