

KW	43			20.10. - 25.10.2025														
	Montag - 20.10.25			Dienstag - 21.10.25			Mittwoch - 22.10.25			Donnerstag - 23.10.25			Freitag - 24.10.25			Samstag - 25.10.25		
	TV Halle	TV Saal	extern	TV Halle	TV Saal	extern	TV Halle	TV Saal	extern	TV Halle	TV Saal	extern	TV Halle	TV Saal	extern	TV Halle	extern	extern
08:00																	08:00 - 13:00 Reha + FU Parc	08:00 - 09:00 Wassergym. Hallenbad
08:15		08:15 - 09:15					08:15 - 09:30 Pilates			08:15 - 08:45 FU								
08:30	08:30 - 09:30 Frauengymn	Wirbelsäule		08:30 - 09:30 Wirbelsäule							09:00 - 10:00 Walking Volkspark Bokel							
08:45																		
09:00										09:00 - 10:00 Wirbelsäule								09:00 - 10:00 Wassergym. Hallenbad
09:15		09:15 - 09:45																
09:30		FU		09:30 - 10:30 Beckenboden Training			09:45 -10:45 Yoga a.d. Stuhl		09:30-10:30 Laufen Depressionen Volkspark Bo.									
09:45	09:45 - 11:00 Yoga							10:00 - 10:45 Reha										
10:00																		
10:15																		
10:30											10:15 - 11:15 Wirbelsäule			10:15-11:00 Reha		10:30 - 11:30 Puls a. Power TV Halle		
10:45						10:45-12:00 Kraftsport Ü 60	11:00 - 12:00 Lungensport Hocker	10:45 - 11:15 FU			10:30 - 11:30 Herz-Kreisl. Ü 60			11:00-11:30 FU - Hocker				
11:00																		
11:15																		
11:30																		
11:45																		
12:00																		
12:15													12:00 - 13:00 Aquajogging Hallenbad					
12:30																		
12:45																		
15:30						14:15-15:00 Reha - LH												
15:45																		
16:00								16:00 - 17:00 Frauengymn										
16:15																		
16:30	16:30 - 17:30 Hockergymn.																	
16:45																		
17:00			17:45 - 18:45					17:00 - 17:45 Lungensport		17:00 - 18:00 Puls a. Power	17:00 - 17:45 Reha		17:00-18:00 Compl. Body Workout		17:00-17:45 Reha - LH			
17:15			Lungensport	17:30-18:30 Mühlenschule	17:30 - 18:30 Wirbelsäule													
17:30																		
17:45	17:45 - 18:45										17:45-18:15 FU			17:00 -17:45 Reha	17:45-18:30 Reha - LH			
18:00	Indoor Cycling		18:00 - 18:30 FU - LH	18:00 - 18:30 Compl. Body Workout			18:00 - 18:45 Reha + Osteo		18:00-19:00 Hot Iron			18:00-19:00 Powerpump						
18:15																		
18:30			18:30 - 19:00 FU - LH												18:30-19:00 FU - LH			
18:45					18:45 - 19:15 FU													
19:00	19:00 - 20:00 Step Aerobic			19:00 - 20:00 Hot Iron	19:00 - 20:00 FU	19:00 - 20:00 Frauengymn. Gymnasium				19:15-20:15 Step Aerobic	19:00 - 20:00 Wirbelsäule							
19:15																		
19:30					19:30 - 20:30 Puls a. Power													
19:45		19:45 - 20:30																
20:00		Reha		20:00 - 21:00 Kamibo			20:00 - 21:15 Yoga											
20:15												20:15 - 21:30 Pilates						
20:30			21:00 - 22:00 Aquajogging Hallenbad			21:00 - 22:00 Wassergymn. Hallenbad												
20:45																		
21:00																		
21:15																		