KW 33 Zeitraum 10.08.2026 - 15.08.2026

| | Montag 10.08.2026 | | | | Dienstag 11.08.2026 | | | Mittwoch 12.08.2026 | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | TV Halle | TV Saal | extern | extern | TV Halle | TV Saal | extern | TV Halle | TV Saal | extern |
| 08:00 | | | | | | | | | | |
| 08:15 | | | | | | | | | | |
| 08:30 | Frauengym-nastik | Wirbelsäule | | | | Rehasport | | | Bauch-Beine-Po | |
| 08:45 | | | | | | | | | | |
| 09:00 | | | | | | | | | | |
| 09:15 | | | | | | | | | | |
| 09:30 | | Funktions-training | | | Becken-bodengymn. | Wirbelsäule | | | | |
| 09:45 | | | | | | | | | Rehasport | |
| 10:00 | | | Nordic Walking, Volkspark Bokel | | | | | | | |
| 10:15 | | | | | | | | | | |
| 10:30 | | | | | | Frauengym-nastik | | | Funktions-training | |
| 10:45 | | | | | | | | | | |
| 11:00 | | | | | | | | | | |
| 11:15 | | | | | | | | | | |
| 11:30 | | | | | Lungensport | | | | | |
| 11:45 | | | | | | | | | | |
| 12:00 | | | | | | | | | | |
| 12:15 | | | | | | | | | | |
| 12:30 | | | | | | | | | | |
| 12:45 | | | | | | | | | | |
| 13:00 | | | | | | | | | | |
| 13:15 | | | | | | | | | | |
| 13:30 | | | | | | | | | | |
| 13:45 | | | | | | | | | | |
| 14:00 | | | | | | | | | | |
| 14:15 | | | | | | | | | | |
| 14:30 | | | | | | | | | | |
| 14:45 | | | | | | | | | | |
| 15:00 | | | | | | | | | | |
| 15:15 | | | | | | | | | | |
| 15:30 | | | | | | | Männersport, Ü60, HVK | | Rehasport | |
| 15:45 | | | | | | | | | | |
| 16:00 | | | | | | | | | | |
| 16:15 | | | | | | | | | | |
| 16:30 | Mobil & Stabil im Alltag Ü 60 | | | | | | | | Lungensport | |
| 16:45 | | | | | | | | Indoor Cycling | | |
| 17:00 | | | | | | | | | | |
| 17:15 | | | | | | | | | Funktions-training | |
| 17:30 | | Lindedance | | | | Rehasport | | | | |
| 17:45 | | | | | Complete Body Workout | | | | | |
| 18:00 | Indoor Cycling | | | HIIT, HVK | | | | Powerpump | | |
| 18:15 | | | Rehasport, HVK | | | | | | | Parc |
| 18:30 | | | | | | | | | | |
| 18:45 | | Lindedance | | | | | | | | |
| 19:00 | | | | | | | | | | Parc |
| 19:15 | Step-Aerobic | | Hula Hoop Beginner, HVK | | Hot Iron | | | Step-Aerobic | | |
| 19:30 | | | | | | | | | | |
| 19:45 | | | | | | Puls & Power | | | | |
| 20:00 | | | | | | | | | | |
| 20:15 | Hot Iron | | | | Kamibo | | | | | |
| 20:30 | | | | | | | | | | |
| 20:45 | | | | | | | | | | |
| 21:00 | | | | | | | | | | |
| 21:15 | | | | | | | | | | |
| 21:30 | | | | | | | | | | |
| 21:45 | | | | | | | | | | |
| 22:00 | | | | | | | | | | |