

KW	42			13.10. - 18.10.2025															
	Montag - 13.10.25			Dienstag - 14.10.25			Mittwoch - 15.10.25			Donnerstag - 16.10.25			Freitag - 17.10.25			Samstag - 18.10.25			
	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	
08:15		08:15 - 09:15					08:15 - 09:30			08:15 - 08:45								08:00 - 09:00	
08:30	Frauengymn	Wirbelsäule		08:30 - 09:30			Pilates			FU		09:00 - 10:00 Walking Volkspark Bokel						09:00 - 10:00 Wassergym. Hallenbad	
08:45																			
09:00									09:00 - 10:00 Wirbelsäule										
09:15			09:15 - 09:45																
09:30		FU		09:30 - 10:30				09:30-10:30 Laufen Depressionen Volkspark Bo.										10:30 - 11:30 Puls a. Power TV Halle	
09:45	09:45 - 11:00			Beckenboden Training			09:45 - 10:45 Yoga a.d. Stuhl												
10:00	Yoga																		
10:15																			
10:30										10:15 - 11:15 Wirbelsäule	10:30 - 11:30 Herz-Kreisl. Ü 60		10:15-11:00 Reha						
10:45						10:45-12:00 Kraftsport Ü 60													
11:00							11:00 - 12:00 Lungensport Hocker								11:00-11:30 FU - Hocker				
11:15																			
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16:30	16:30 - 17:30 Hockergymn.																		
16:45							16:45-17:45												
17:00							Indoor Cycling	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																			
17:30				17:30-18:30 Compl. Body Workout	17:30 - 18:30 Wirbelsäule														
17:45	17:45 - 18:45 Indoor Cycling																		
18:00			18:00 - 18:30 FU - LH				18:00 - 18:45 Reha						18:00-19:00 Powerpump		17:45-18:30 Reha	17:45-18:30 Reha - LH			
18:15																			
18:30			18:30 - 19:00 FU - LH																
18:45																			
19:00	19:00 - 20:00			19:00 - 20:00 Hot Iron	19:00 - 20:00 FU					19:00 - 20:00 Wirbelsäule									
19:15	HIIT																		
19:30																			
19:45		19:45 - 20:30			19:30 - 20:30 Puls a. Power														
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																
20:45																			
21:00																			
21:15																			