

	Montag - 07.07.25			Dienstag - 08.07.25			Mittwoch - 09.07.25			Donnerstag - 10.07.25			Freitag - 11.07.25			Samstag	
	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	Im Parc	
08:00																08:00 13:00 Reha + FU Wasser	
08:15																	
08:30	08:30 - 09:15 Rehasport			08:30 - 09:30 Wirbelsäule			08:30 - 09:30 Bauch- Beine-Po		08:15 - 08:45		09:00 - 10:00 Walking Volkspark Bokel						
08:45								Funktionstr.									
09:00										09:00 - 10:00							
09:15	09:15 - 09:45									Wirbelsäule			09:15-10:15 Gymnastik mit Power				
09:30	Funktionstr.			09:30 - 10:30				09:30-10:30									
09:45	09:45 -10:45			Beckenboden Training				Lauftreff Volkspark B.									
10:00	Sanfte Gymn. Stretchen -								10:00 - 10:45								
10:15	Dehnen, Yoga							Rehasport						10:15-11:00			
10:30									10:00 - 12:00		10:30 - 11:30			Rehasport			
10:45										Herz-Kreisl. Ü 60				11:00-11:30			
11:00							11:00 - 12:00	10:45 - 11:15	Boule Tannenstr.								
11:15							Lungensport	Funktionstr.						FU - Hocker			
11:30							Hocker										
11:45																	
12:00						14:15-15:00			13:00 - 13:45								
12:15			14:00 - 14:30			Reha Wasser			Reha Wasser								
12:30			FU Wasser			St. Lukas			St. Lukas								
15:30			14:30 - 15:00														
15:45			St. Lukas														
16:00															15:00 - 17:00 Boule Tannenstr.		
16:15								16:00 - 17:00									
16:30	16:30 - 17:30							Frauengymn.									
16:45	Hockergymn.																
17:00							16:45 - 17:45										
17:15		17:00 - 18:15 Line Dance				Indoor Cycling	17:00 - 17:45				17:00 - 17:45		17:00-18.00	17:00 - 17:45			
17:30							Lungensport				Rehasport		Complete Body Workout	Rehasport			
17:45				17:30 - 18:30	17:30 - 18:30												
17:45				Complete Body	Wirbelsäule		17:45 - 18:45				17:45 - 18:15						
18:00	17:45 -18:45		18:00 - 18:30	Body-Workout			Langhantel	18:00 - 18:45		18:00 - 19:00	Funktrionstr.			18:00-19:00			
18:15	Indoor Cycling		FU Wasser					Rehasport		Hot Iron							
18:30			18:30 - 19:00														
18:45		18:15 - 19:15 Line Dance	St. Lukas		18:45 - 19:15												
19:00	19:00 - 20:00			19:00-20:00	19:00 - 20:00	FU		19:00 - 20:00			19:00 - 20:00	Wirbelsäule					
19:15	Tabata		Walking	Hot Iron			Step Aerobic			Zumba							
19:30			Herzsport														
19:45		19:30 - 20:15 Rehasport	Volkspark Bokel		19:30 - 20:30												
20:00					20:00 - 21:00	Frauengymn											
20:15	20:15 - 21:15			KamiBo			20:15 - 21:15			20:15 - 21:15							
20:30	Langhantel						Zumba			Complete Body Workout							
20:45																	
21:00																	
21:15																	