

	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						08:15 - 08:45 Funktionstr.		09:00 - 10:00 Walking Volkspark Bokel					
08:45																	
09:00										09:00 - 10:00 Wirbelsäule							
09:15	09:15 - 09:45			09:30 - 10:30 Beckenboden Training									09:15-10:15 Gymnastik mit Power				
09:30	Funktionstr.							09:30-10:30 Lauftreff Volkspark B.									
09:45	09:45 - 10:45																
10:00	Sanfte Gymn.							10:00 - 10:45 Rehasport							10:15-11:00 Rehasport		
10:15	Stretchen - Dehnen, Yoga																
10:30											10:30 - 11:30 Herz-Kreisl. Ü 60						
10:45																	
11:00							11:00 - 12:00 Lungensport Hocker	10:45 - 11:15 Funktionstr.							11:00-11:30 FU - Hocker		
11:15																	
11:30																	
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											
15:30			14:30 - 15:00														
15:45			St. Lukas														
16:00																	
16:15								16:00 - 17:00 Frauengymn.									
16:30	16:30 - 17:30																
16:45	Hockergymn.						16:45 - 17:45 Indoor Cycling										
17:00																	
17:15		17:00 - 18:15 Line Dance						17:00 - 17:45 Lungensport				17:00 - 17:45 Rehasport		17:00-18.00 Complete Body Workout	17:00 - 17:45 Rehasport		
17:30																	
17:45				17:30 - 18:30 Complete Body Body-Workout	17:30 - 18:30 Wirbelsäule		17:45 - 18:45 Langhantel	18:00 - 18:45 Rehasport		18:00 - 19:00 Hot Iron	17:45 - 18:15 Funktrionstr.						
18:00	17:45 - 18:45		18:00 - 18:30 FU Wasser												18:00-19:00 HIIT		
18:15	Indoor Cycling																
18:30			18:15 - 19:15 Line Dance	18:30 - 19:00 St. Lukas			18:45 - 19:15 FU										
18:45																	
19:00	19:00 - 20:00		19:00-20:00 Walking Herzsport	19:00 - 20:00 Hot Iron			19:00 - 20:00 Step Aerobic			19:00 - 20:00 Zumba	19:00 - 20:00 Wirbelsäule						
19:15	Tabata																
19:30			19:30 - 20:15 Rehasport														
19:45			Volkspark Bokel		19:30 - 20:30 Frauengymn												
20:00				20:00 - 21:00 KamiBo													
20:15	20:15 - 21:15						20:15 - 21:15 Zumba										
20:30	Langhantel																
20:45																	
21:00																	
21:15																	