

KW 42

Zeitraum	12.10.2026	-	18.10.2026
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	Montag 12.10.2026				Dienstag 13.10.2026			Mittwoch 14.10.2026		
	TV Halle	TV Saal	extern	extern	TV Halle	TV Saal	extern	TV Halle	TV Saal	extern
08:00										
08:15										
08:30										
08:45	Frauengymnas tik					Rehasport		Pilates		
09:00										
09:15										
09:30										
09:45	Yoga				Beckenboden	Wirbelsäule		Yoga Stuhl		Nordic Walking, Boke
10:00										
10:15										
10:30										
10:45						Frauengymnas tik	Kraftraum, HVK			
11:00										
11:15										
11:30										
11:45					Lungensport, Hocker		Lungensport, Hocker			
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15:15								Rehasport		
15:30	Mobil und Stabil Ü 60									
15:45										
16:00										
16:15										Frauengymnas tik, staatl. Gym.
16:30	Hockergym.									
16:45										
17:00						Rehasport				
17:15								Funktionstrain ing	Lungensport, staatl. Gymn.	
17:30		Lindedance			Complete Body Workout					
17:45										
18:00										
18:15										
18:30		Lindedance	Lungensport, staatl. Gymn.	Rehasport, staatl. Gymn.			Powerpump	Rehasport	Wirbelsäule, staatl. Gym.	
18:45										
19:00										
19:15	Step-Aerobic		Herzsport, HVK,		Hot Iron		Step			
19:30										
19:45										
20:00						Puls & Power				
20:15	Hot Iron							Yoga		
20:30										
20:45										
21:00										
21:15			Aqua jogging, Hallenbad			Wassergymna stik, Hallenbad				
21:30										
21:45										
22:00										

Donnerstag			Freitag			Samstag		
15.10.2026			16.10.2026			17.10.2026		
TV Halle	TV Saal	extern	TV Halle	TV Saal	extern	TV Halle	extern	extern
08:00								
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08:45	Funktionstraining							
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