

[illegible]

	Donnerstag	06.08.2026		Freitag	07.08.2026		Samstag	08.08.2026	
	TV Halle	TV Saal	extern	TV Halle	TV Saal	TV Halle		extern	
08:00									
08:15									
08:30	Funktions- training								
08:45									
09:00	Rehasport		Nordic Walking, Volkspark Bokel	Balance					
09:15									
09:30									
09:45									
10:00	Wirbelsäule			Zumba					
10:15									
10:30						Puls & Power	Parc		
10:45									
11:00		Herz- Kreislauf, Ü60		Rehasport					
11:15									
11:30									
11:45				Funktionstr. Hocker					
12:00		Rehasport							
12:15									
12:30									
12:45									
13:00									
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14:30									
14:45									
15:00									
15:15									
15:30									
15:45	Gefäßtraining								
16:00									
16:15									
16:30	Rehasport								
16:45									
17:00	Funktions- training	Puls & Power		Complete Body Workout					
17:15									
17:30									
17:45									
18:00									
18:15									
18:30	Hot Iron			Powerpump					
18:45									
19:00									
19:15	Complete Body Workout								
19:30									
19:45									
20:00									
20:15									
20:30									
20:45									
21:00									
21:15									
21:30									
21:45									
22:00									