


MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	8:15-9:00 (A) 9:15-10:00 (A) REHA ALLROUND	8:30-9:15 (B) STARKER RÜCKEN	8:15-9:00 (B) 9:15-10:00 (B) REHA ALLROUND		9:00-9:45 (A) RÜCKENSCHULE FÜR JEDERMANN	8:45-9:30 (FH) AQUA POWER
	10:15-11:00 (A) ♀ SANFTES BEWEGUNGSTRAINING					
		14:30-15:15 (düb) WASSERGYMNASTIK	14:30-15:15 (düb) WASSERGYMNASTIK			
15:15-16:00 (düb) WASSERGYMNASTIK		15:15-16:00 (düb) WASSERGYMNASTIK	16:30-18:00 (PP) SPORT DER ÄLTEREN	16:15-17:45 (HL) KLETTERN (10-16 Jahre)		
17:00-17:45 (B) SANFTER RÜCKEN		17:00-17:45 (A) REHA TOTAL FIT	18:00-18:45 (A) BAUCH-BEINE-PO	17:00-18:00 (B) INDOOR CYCLING		
17:00-18:00 (A) KuRT 60 +	17:45-18:45 (A) ♀ FRAUEN IN BEWEGUNG	18:00-18:45 (A) REHA SPORT	18:00-18:45 (B) FLEXI®-BAR	18:00-18:45 (PP) ♀ XXL-SANFTES KRAFTTRAINING		18:30-19:30 (A) PILATES
18:00-18:45 (düb) WASSERGYMNASTIK	18:15-19:00 (B) REHA SPORT	18:00-19:00 (B) INDOOR-CYCLING	19:00-20:00 (PP) YOGA	19:00-19:45 (PP) REHA AKTIV		
18:00-18:45 (B) SANFTER RÜCKEN	19:15-20:00 (B) REHA SPORT	19:00-20:00 (A) FITNESS GYMNASTIK	19:00-20:00 (A) XCO®-FITNESS			
18:00-19:00 (A) SALSA LADY STYLE	19:15-20:15 (A) STARKER RÜCKEN	20:15-21:00 (A) RÜCKENSCHULE	19:00-20:00 (B) INDOOR CYCLING		<div style="display: flex; align-items: center;"> <div style="margin-right: 20px;"> <div style="width: 20px; height: 10px; background-color: #ADD8E6; border: 1px solid black; margin-bottom: 5px;"></div> Reha-Sport <div style="width: 20px; height: 10px; background-color: #FFFFFF; border: 1px solid black; margin-bottom: 5px;"></div> Fitness </div> <div style="text-align: center;">  </div> </div> <p>Kursorte (düb) = Schwimmbad düb (FH) = Schwimmbad Franz Hospital (HL) = Hermann-Leeser Turnhalle (PP) = Peter Pan Sporthalle (RvW) = Richard-von-Weizsäcker Sporthalle (A) = fitnessARENA (Eingang "Neue Spinnerei") (B) = aktivBOX (Eingang Vereinsheim) ♀/♂ = nur für Frauen/Männer</p>	
19:00-19:45 (B) ♀ SANFTER RÜCKEN	20:15-21:00 (B) POWER WORKOUT		19:30-21:30 (HL) KLETTERN (ab 16 Jahren)			
19:00-20:00 (RvW) CRASS FIT	20:15-21:15 (A) XCO®-FITNESS		20:00-22:00 (PP) RHYTHM. SPORTGYM.			
20:00-21:00 (B) INDOOR-CYCLING			20:15-21:00 (A) PILATES			
			20:15-21:15 (B) BODY & SHAPE			