

| Uhrzeit | Montag                         |                                 | Dienstag                                 |                                 | Mittwoch                     |                                     | Donnerstag                               |                                 | Freitag                              |                                     |
|---------|--------------------------------|---------------------------------|--|---------------------------------|------------------------------|-------------------------------------|--|---------------------------------|--------------------------------------|-------------------------------------|
|         | Gruppenraum                    | Bewegungsbad                    | Gruppenraum                              | Bewegungsbad                    | Gruppenraum                  | Bewegungsbad                        | Gruppenraum                              | Bewegungsbad                    | Gruppenraum                          | Bewegungsbad                        |
| 09:00   |                                |                                 |  |                                 | 09:00-09:45<br>Reha-Training |                                     | 09:00-09:45<br>Reha-Training             |                                 | 09:00-09:45<br>Reha-Training         |                                     |
| 09:30   |                                |                                 | 09:30-10:30<br>Pilates für Senioren      |                                 |                              |                                     |  |                                 |                                      |                                     |
| 10:00   | 10:00-10:45<br>Reha-Training   | 10:00-11:00<br>Freies Schwimmen |  | 10:00-10:45<br>Aqua             | 10:00-10:45<br>Reha-Training | 10:00-11:00<br>Freies Schwimmen     | 10:00-10:45<br>Reha-Training             | 10:00-11:00<br>Freies Schwimmen | 10:00-10:45<br>Interner Kurs Kursana | 10:00-11:00 Uhr<br>Freies Schwimmen |
| 10:30   |                                |                                 | 10:30-11:15<br>Interner Kursana-<br>Kurs | 10:45-11:30<br>Aqua             |                              |                                     |  |                                 |                                      |                                     |
| 11:00   | 11:00-11:30 Rheuma-<br>Liga    | 11:00-12:00<br>Kinderschwimmen  |  |                                 | 11:00-11:45 Rheuma-<br>Liga  | 11:00-12:00 Uhr<br>Freies Schwimmen |  |                                 | 11:00-12:00<br>Osteoporose Kurs      |                                     |
| 11:30   | 11:30-11:45<br>Reha-Training   |                                 | 11:15-12:30<br>Reha-Training             | 11:30-12:30<br>Freies Schwimmen |                              |                                     |  |                                 |                                      |                                     |
| 12:00   |                                |                                 |  |                                 |                              |                                     |  |                                 |                                      |                                     |
| 12:30   |                                |                                 |  |                                 |                              |                                     |  |                                 |                                      |                                     |
| 13:00   |                                |                                 |  |                                 |                              |                                     |  |                                 |                                      |                                     |
| 13:30   |                                |                                 |  |                                 |                              |                                     |  |                                 |                                      |                                     |
| 14:00   |                                | 14:00-15:00<br>Freies Schwimmen |  | 14:00-17:00<br>Kinderschwimmen  |                              | 14:00-17:00<br>Kinderschwimmen      |  |                                 |                                      |                                     |
| 14:30   |                                |                                 |  |                                 |                              |                                     | 14:30-15:15<br>Rückenfit                 |                                 |                                      |                                     |
| 15:00   |                                |                                 |  |                                 |                              |                                     |  |                                 |                                      |                                     |
| 15:30   |                                |                                 |  |                                 |                              |                                     |  |                                 |                                      | 15:30-16:15<br>Aqua                 |
| 16:00   |                                |                                 |  |                                 |                              |                                     |  |                                 |                                      | 16:15-17:00<br>Aqua                 |
| 16:30   | 16:30-17:15<br>Rückengymnastik |                                 | 16:30-17:15<br>Reha-Training             |                                 |                              |                                     | 16:00-17:30<br>Interner Kursana-<br>Kurs |                                 | 16:30-17:15<br>Reha-Training         |                                     |
| 17:00   |                                |                                 |  |                                 | 17:00-17:45<br>Reha-Training |                                     |  |                                 |                                      |                                     |
| 17:30   | 17:45-18:30<br>Reha-Training   |                                 | 17:30-18:15<br>Reha-Training             |                                 |                              |                                     | 17:30-18:30<br>Pilates                   |                                 |                                      |                                     |
| 18:00   |                                |                                 |  |                                 | 18:00-18:45<br>Reha-Training |                                     |  |                                 |                                      |                                     |
| 18:30   |                                |                                 |  |                                 |                              |                                     | 18:30-19:30<br>Pilates                   |                                 |                                      |                                     |
| 19:00   |                                |                                 |  |                                 |                              |                                     |  |                                 |                                      |                                     |
| 19:30   |                                |                                 | 19:30-20:30<br>Pilates                   |                                 |                              |                                     |  |                                 |                                      |                                     |
| 20:00   |                                |                                 |  |                                 |                              |                                     |  |                                 |                                      |                                     |
| 20:30   |                                |                                 |  |                                 |                              |                                     |  |                                 |                                      |                                     |

**Trainer:**

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|-------------------|
| Marena Tietze     |
| Bianca Nagel      |
| Stefan Wunderwald |
| Karen Pyczak      |
| Kursana           |
| kein Trainer      |
| externe Kurse     |



Stand: Dezember 2023