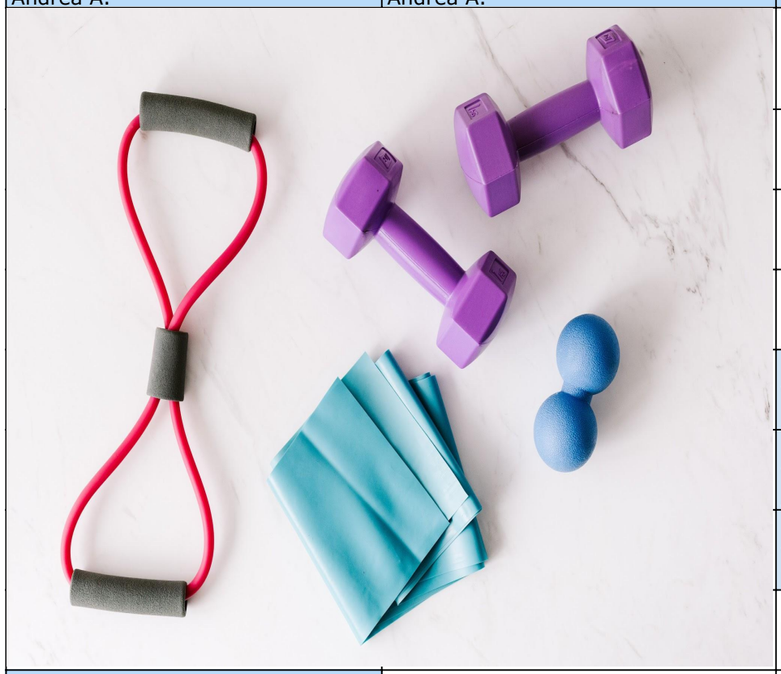
Gesundheits- und Fitnessangebote be active ab 01.11.2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
8:15-9:00 (A) + **9:15**-10:00 (A) + **Sanfte Fitness** Andrea A.	**8:15**-9:00 (B) + **9:15**-10:00 (B) + **REHA ORTHO** Andrea A.	**8:15**-9:00 (B) + **9:00**-9:45 (B) + **REHA ORTHO** Cati	**8:30**-9:15 (B) + **REHA ORTHO** Andrea A**.**	
			**08:30**-09:30 (A) ++ **PILATES** Yana	
			09:45-10:45 (A) +++ **Power Fit** Yana	
			10:00-10:45 (düb) + **Aqua Fitness** Andrea A.	
			10:45-11:30 (düb) + **WASSERGYMNASTIK** Andrea A.	
		14:00-14:45 (düb) + **WASSERGYMNASTIK** Andrea A		
		14:45-15:30 (düb) + **WASSERGYMNASTIK** Andrea A.		
		15.30 -16:15 (düb) + **WASSERGYMNASTIK** Daniela		
		16:45-17:45 (B) + **Mama Kind YOGA** Yana	**16:00**-17:30 (PP) + **SPORT DER ÄLTEREN** Paulus	
16:45-17:45 (PP) + **KuRT 50 +** Anne		**16:45**-17:45 (A) ++ **YOGA** Claudia	**18:00**-18:45 (B) + **YOGA** Cati	
17:30-18:15 (düb) + **WASSERGYMNASTIK** **18:15**-19:00 (düb) + **WASSERGYMNASTIK** Ulrike/Constanze	**18:00**-18:55 (A) ++ **Pilates** Alena	**17:55**-18:55 (A) ++ **YOGA** Claudia	**19:00**-19:45 (B) ++ **PILATES** Cati	**17:00**-18:00 (B) +++ **INDOOR CYCLING** Andrea E.
18:00-18:45 (B) + **REHA ORTHO** Cati	**18:00**-18:45 (B) + **REHA ORTHO** Daniela	**18:00**-18:45 (B) ++ **REHA ORTHO** Ellen	**18:55**-19:55 (A) +++ **XCO®-FITNESS** Andrea E.	**17:00**-18:00 (A) ++ **Yoga** Yana
18:00-18:45 (PP) + **REHA NEUROLOGIE** Anne W.	**19:00**-19:45 (B) + **RÜCKENFITNESS** Constanze	**19:00**-19:45 (A) ++ **FUNCTIONAL FITNESS** Anne W.	**19:00**-20:30 (PP) + **FITNESS GYMNASTIK FÜR ÄLTERE** Ingried	
19:00-20:00 (A) +++ **WORKOUT MIX** Cati	**19:00**-19:45 (A) ++ **FASZIEN TRAINING** Alena	**19:00**-19:45 (B) ++ **Yoga in ukrainischer Sprache** Yana	**20:00-**21:00 (B) ++ **YOGA** Claudia	
20:00-21:30 (B)+++ **INDOOR CYCLING TABATA MIX** Sascha	**20:00**-21:00 (A) +++ **BodyBoost&Balance** Andrea E.	**19:30**-20:15 (düb) ++ **Aqua Fitness** Constanze	**20:00**-21:00 (A) +++ **BBP** Ellen	
		20:00-20:45 (A)++ **REHA AKTIV** Anne W.		

Rehasport	+ = leichte Intensität	(düb) = Schwimmbad düb
Kursangebot	++ = mittlere Intensität	(PP) = Peter Pan Sporthalle
Fitness	+++ = hohe Intensität	(A) = fitnessARENA (Eingang Vereinsheim)
		(B) = aktivBOX (Eingang Vereinsheim)

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