

# BW96 KURSE

gültig ab  
Februar 2024



| Montag      |                    |           | Dienstag    |                   |             | Mittwoch    |                    |            | Donnerstag  |                      |           | Freitag     |                   |             |
|-------------|--------------------|-----------|-------------|-------------------|-------------|-------------|--------------------|------------|-------------|----------------------|-----------|-------------|-------------------|-------------|
| 08:30-09:30 | Functional Fit     | G3 Lea    | 09:00-10:15 | Nordic Walking    | KLÖ. Ingrid | 08:00-09:00 | Functional Circuit | S Ulf      | 08:30-09:30 | Rückenfit            | G3 Ingrid | 09:00-10:00 | Functional Fit    | G3 Marion   |
| 09:30-10:30 | Seniorenfit        | G3 Lea    | 08:30-09:30 | Rückenfit 50+     | G3 Yasmina  | 10:00-11:00 | Seniorenfit        | G1 Kirsten | 09:30-10:30 | Rückenfit            | G3 Ingrid | 10:00-11:00 | YoPi-Relax        | G3 Marion   |
| 10:00-11:00 | Functional Circuit | S Ulf     | 08:30-09:15 | Reha Ortho Zirkel | S Gilberto  | 10:00-11:00 | Rückenfit          | G3 Yasmina | 10:00-11:00 | Indoor Cycling A     | K Ulf     | 10:00-10:45 | Reha Ortho Zirkel | S Vera      |
| 10:30-11:30 | Pilates            | G3 Nursen | 09:30-10:30 | Rückenfit 50+     | G3 Yasmina  | 11:00-12:15 | Yoga               | G3 Yasmina | 12:30-13:30 | Qi Gong für Senioren | K Marina  | 11:00-12:00 | Zumba®            | G3 Katja L. |
|             |                    |           | 09:30-10:15 | Reha Ortho Zirkel | S Gilberto  | 11:00-11:45 | Reha Ortho Zirkel  | S Nursen   |             |                      |           | 11:00-11:45 | Reha Ortho Zirkel | S Nursen    |
|             |                    |           | 10:30-11:30 | Bewegung bei MS   | K Katja     | 12:00-12:45 | Reha Ortho Zirkel  | S Nursen   |             |                      |           | 12:00-12:45 | Reha Ortho Zirkel | S Nursen    |
|             |                    |           | 10:30-11:30 | Reha Lunge        | G3 Kirsten  |             |                    |            |             |                      |           |             |                   |             |
|             |                    |           | 11:30-12:30 | Seniorenfit       | G3 Kirsten  |             |                    |            |             |                      |           |             |                   |             |

## Sportstätten:

A = Sporthalle A  
B = Sporthalle B  
G1 = Gymnastikraum 1  
G2 = Gymnastikraum 2  
G3 = Gymnastikraum 3  
GFG = GorchFock Gymraum  
GF = GorchFockHalle  
K = Kursraum AdW  
KLÖ = Klövensteen Wanderparkplatz  
S = Studio  
ST = Stadion AdW  
WK = Wurrkamphalle

|             |                      |            |             |                    |             |             |                      |               |             |                    |            |             |                     |             |
|-------------|----------------------|------------|-------------|--------------------|-------------|-------------|----------------------|---------------|-------------|--------------------|------------|-------------|---------------------|-------------|
| 14:30-15:15 | Reha Neuro           | S Nursen   | 17:00-18:00 | Rückenfit          | G3 Dorit    | 15:00-15:45 | Reha Ortho Zirkel    | S Nursen      | 16:30-17:30 | Reha Lunge         | G3 Katja   | 15:00-15:45 | Reha Ortho Zirkel   | S Nursen    |
| 15:30-16:15 | Reha Ortho           | G3 Nursen  | 18:00-19:00 | Rückenfit          | GF Katja    | 15:45-16:45 | Reha Ortho           | G3 Katja      | 17:00-18:00 | YoPi Relax         | K Marion   | 15:30-16:30 | Qi Gong mit Tai Chi | G3 Marina   |
| 16:30-17:00 | Bauch Special        | G3 Kerstin | 18:00-19:00 | Functional Circuit | S Gerda     | 16:00-16:45 | Reha Ortho Zirkel    | S Nursen      | 17:30-18:15 | Reha Ortho         | G3 Katja   | 16:00-16:45 | Reha Ortho Zirkel   | S Nursen    |
| 17:00-18:00 | Langhantel Workout A | G3 Kerstin | 18:30-19:30 | Rückenfit          | WK Ingrid   | 16:45-18:00 | AROHA®               | G3 Manuela    | 18:00-19:00 | Seniorenfit        | GF Ina     | 16:30-17:30 | Motion              | G3 Gilberto |
| 17:45-18:30 | Reha Ortho           | G1 Katja   | 18:30-19:30 | Strong Nation™     | G3 Katja L. | 16:45-17:45 | Indoor Cycling A     | K Kerstin     | 18:00-19:15 | Yoga               | GFG Jasmin | 18:00-19:00 | Indoor Cycling A    | K Ulf       |
| 18:00-19:00 | Functional Circuit   | S Gerda    | 19:15-20:15 | Rückenfit W        | GFG Katja   | 17:15-18:15 | Reha Herz            | GF Katja      | 19:00-20:00 | Rückenfit          | GF Katja   | 18:00-19:00 | Skigymnastik        | WK Gilberto |
| 18:00-19:00 | Reha Herz + Diabetes | G3 Kirsten | 19:00-20:00 | Indoor Cycling A   | K N.N.      | 18:00-19:00 | Langhantel Workout A | G3 Kerstin    | 19:00-20:00 | Indoor Cycling A   | K Anne/Ulf |             |                     |             |
| 19:00-20:00 | Reha Herz            | A Katja    | 19:30-20:30 | StepAerobic Choreo | G3 Carola   | 18:15-19:15 | Reha Herz            | GF Katja      | 20:00-21:00 | Functional Circuit | S Anne/Ulf |             |                     |             |
| 19:00-20:00 | Indoor Cycling A     | K Anne     |             |                    |             | 18:00-19:00 | Pilates W            | K Nursen      |             |                    |            |             |                     |             |
| 19:00-20:00 | Zumba®               | G3 Sarah   |             |                    |             | 18:30-19:30 | BBP-Workout          | G1 Sandra     |             |                    |            |             |                     |             |
| 20:00-21:00 | Pilates W            | G3 Sonja   |             |                    |             | 19:30-20:45 | Yoga ONLINE          | online Ulrike |             |                    |            |             |                     |             |

**W = Warteliste!**  
Anmeldung für  
Warteliste über die  
Geschäftsstelle

**A = begrenzte  
Teilnehmerzahl!**  
Mit Anmeldung  
über die  
Homepage

**O = Outdoor**  
Kurs findet im  
Sommer auch  
draußen statt!

20,00€/Monat

25,00€/Monat

33,00€/Monat

Rehasport

Infos und Anmeldung unter [www.bw96.de](http://www.bw96.de) oder 040-8405446 oder [fitness@bw96.de](mailto:fitness@bw96.de)