

BW96 KURSE

gültig ab Juni 2024



| Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | |
|-------------|--------------------|--------|-------------|-------------------|-------------|-------------|--------------------|------------|-------------|----------------------|------------|-------------|-------------------|-------------|
| 08:30-09:30 | FunctionalFit | 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 | FunctionalFit | G3 Marion |
| 09:30-10:30 | SeniorenFit | G3 Lea | 08:30-09:30 | RückenFit 50+ | G3 Yasmina | 09:00-10:00 | Fit im Sitzen NEU | G1 Kirsten | 09:30-10:30 | RückenFit | G3 Ingrid | 09:00-09:45 | Reha Ortho Zirkel | S Vera |
| 10:00-11:00 | Functional Circuit | S Ulf | 08:30-09:15 | Reha Ortho Zirkel | S Gilberto | 10:00-11:00 | SeniorenFit | G1 Kirsten | 10:00-11:00 | Indoor Cycling A | K Ulf | 10:00-11:00 | YoPi Relax | G3 Marion |
| 10:30-11:30 | Stretching | G3 Lea | 09:30-10:30 | RückenFit 50+ | G3 Yasmina | 10:00-11:00 | RückenFit | G3 Yasmina | 11:30-12:30 | Reha Herz | G3 Kirsten | 10:00-10:45 | Reha Ortho Zirkel | S Vera |
| | | | 09:30-10:15 | Reha Ortho Zirkel | S Gilberto | 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. |
| | | | 10:30-11:30 | Bewegung bei MS | K Katja | 11:00-11:45 | Reha Ortho Zirkel | S Katja L. | | | | | | |
| | | | 10:30-11:30 | Reha Lunge | G3 Kirsten | 12:00-12:45 | Reha Ortho Zirkel | S Katja L. | | | | | | |
| | | | 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

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|-------------|----------------------|------------|-------------|-------------------------------|--------------|-------------|----------------------|-------------|-------------|--------------------|-----------|-------------|---------------------|-------------|
| 14:00-14:45 | Reha Ortho | G3 Zsuzsa | 15:45-17:00 | AROHA® | G3 Manuela | 15:00-15:45 | Reha Ortho Zirkel | S Sandra S. | 16:30-17:30 | Reha Lunge | G3 Katja | 15:30-16:30 | Qi Gong mit Tai Chi | G3 Marina |
| 16:30-17:00 | Bauch Special | G3 Kerstin | 17:00-18:00 | RückenFit | G3 Dorit | 15:45-16:45 | Reha Ortho | G3 Katja | 17:00-18:00 | YoPi Relax | K Marion | 16:30-17:30 | Motion W | G3 Gilberto |
| 17:00-18:00 | Langhantel Workout A | G3 Kerstin | 17:30-18:30 | OutdoorFit | ST Svenja | 16:00-16:45 | Reha Ortho Zirkel | S Sandra S. | 17:30-18:15 | Reha Ortho | G3 Katja | 18:00-19:00 | Indoor Cycling A | K Ulf |
| 17:45-18:30 | Reha Ortho | G1 Katja | 18:00-19:00 | RückenFit W | GF Katja | 16:45-17:45 | Indoor Cycling A | K Kerstin | 18:00-19:00 | SeniorenFit | GF Ina | | | |
| 18:00-19:00 | Functional Circuit | S Malin | 18:00-19:00 | Functional Circuit | S Dorit | 17:15-18:15 | Reha Herz | GF Katja | 18:00-19:15 | Yoga | G1 Jasmin | | | |
| 18:00-19:00 | Reha Herz + Diabetes | G3 Kirsten | 18:30-19:30 | RückenFit | WK Ingrid | 18:00-19:00 | Langhantel Workout A | G3 Kerstin | 19:00-20:00 | RückenFit W | GF Katja | | | |
| 19:00-20:00 | Reha Herz | A Katja | 18:30-19:30 | Strong Nation™ | G3 Katja L. | 18:00-19:00 | Pilates | K Su | 19:00-20:00 | Indoor Cycling A | K Ulf | | | |
| 19:00-20:00 | Zumba® | G3 Olga | 19:00-20:00 | Indoor Cycling A | K Svenja | 18:15-19:15 | Reha Herz | GF Katja | 20:00-21:00 | Functional Circuit | S Ulf | | | |
| 20:00-21:00 | Pilates W | G3 Sonja | 19:15-20:15 | RückenFit W | GFG Katja | 18:30-19:30 | BBP-Workout | G1 Sandra | | | | | | |
| | | | 19:30-20:30 | StepAerobic Choreo | G3 Carola | | | | | | | | | |
| | | | 20:00-21:00 | F. Circuit freie Trainingsgr. | S o. Trainer | | | | | | | | | |

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