

Übungsleiter	Tag	Thema	Uhrzeit	Ort	auf Verordnung möglich
		BOULE			
Gesa	Di	Boule	15.00-17.00	PSV - Winter 14.00-16.00	x
Gesa	Do	Boule	15.00-17.00	PSV - Winter 14.00-16.00	x
		GYMNASTIK ETC			
Gesa	Mo	Bewegungsangebot	09.00-10.00	Multiplex I (PSV)	x
Gesa	Mo	Bewegungsangebot	10.00-11.00	Multiplex I (PSV)	x
Gesa	Mo	Bewegungsangebot	11.00-12.00	Multiplex I (PSV)	x
Gesa	Mo	Drums Alive	12.00-13.00	Multiplex I (PSV)	x
Iris	Mo	Fit + Fun	16.45-17.45	Multiplex II (PSV)	x
Iris	Mo	Tanzkreis	18.00-19.15	Multiplex II (PSV)	x
Frauke	Mo	Vario Fitness	18.00-19.00	AVS	x
Viola	Mo	Linedance	18.30-19.30	Rudeschule	x
Gesa	Di	Fit um 09.00	09.00-10.00	Multiplex I (PSV)	x
Gesa	Di	In Form I	10.00-11.00	Multiplex I (PSV)	x
Gesa	Di	In Form II	11.00-12.00	Multiplex I (PSV)	x
Beriet	Di	Alltagstauglich	16.30-17.30	Multiplex I (PSV)	x
Beate	Di	Linedance	18.00-19.00	AVS	x
Gesa	Di	Drums Alive	18.00-19.00	Ramshardeschule	x
Ole	Di	Männerfitness	18.30-20.00	Rudeschule	x
Gesa	Di	Fit Mix 50+	19.00-20.00	Ramshardeschule	x
Beate	Mi	Kraft und Ausdauer I	08.30-09.30	Multiplex I (PSV)	x
Marina	Mi	Fit + beweglich II	09.00-10.00	Multiplex II (PSV)	x
Beate	Mi	Kraft und Ausdauer II	09.30-10.30	Multiplex I (PSV)	x
Marina	Mi	Fit + beweglich II	10.00-11.00	Multiplex II (PSV)	x
Beate	Mi	Kraft und Ausdauer III	10.30-11.30	Multiplex I (PSV)	x
Marina	Mi	Hockergym.	11.00-12.00	Multiplex II (PSV)	x
Beate	Mi	Kraft und Ausdauer IV	11.30-12.30	Multiplex I (PSV)	x
Werner	Mi	Rückenschule I + II	15.30-17.45	Multiplex I (PSV)	
Beriet	Mi	Stretch und Relax	17.30-18.15	Multiplex II (PSV)	x
Frauke	Mi	Body & Balance	19.30-20.30	Falkenbergsschule	x
Gesa	Do	Fit Mix	09.00-10.00	Multiplex II (PSV)	x
Beriet	Do	Rundum Fit I	10.00-11.00	Multiplex I (PSV)	x
Gesa	Do	Fit Mix Senioren	10.00-11.00	Multiplex II (PSV)	x
Beriet	Do	Rundum Fit II	11.00-12.00	Multiplex I (PSV)	x
Gesa	Do	Fit Mix Senioren II	11.00-12.00	Multiplex II (PSV)	x
Beate	Do	After Work I	16.00-17.00	Multiplex I (PSV)	x
Beate	Do	After Work II	17.00-18.00	Multiplex I (PSV)	x
Iris	Do	Rückenschule	17.00 -18.00	Rudeschule	x
Jens	Do	Wirbelsäulengymn.	18.00-19.00	Rudeschule	x
Kim Lina	Do	Female Dance	19.00-20.00	Multiplex I (PSV)	
Gesa	Fr	Drums Alive	08.45-09.45	Multiplex I (PSV)	x
Gesa	Fr	Drums Alive Reha	10.00-11.00	Multiplex I (PSV)	x
		HERZ- UND LUNGENSPO			
Frauke	Mo	Lungensport I	15.15-16.15	Multiplex I (PSV)	x
Frauke	Mo	Lungensport II	16.30-17.30	Multiplex I (PSV)	x
Frauke	Mi	Lungensport III	18.00-19.00	Multiplex I (PSV)	x
Iris	Do	Herzsport I	16.00-17.00	Rudeschule	x
Iris/Jens	Do	Herzsport II	19.00-20.00	Rudeschule	x
Iris	Fr	Lungensport I	09.45-10.45	Multiplex II (PSV)	x
Iris	Fr	Lungensport II	11.00-12.00	Multiplex I (PSV)	x
Iris	Fr	Lungensport III	12.00-13.00	Multiplex I (PSV)	x
Iris	Fr	Lungensport IV	13.00-14.00	Multiplex I (PSV)	x

		NORDIC WALKING			
Ingrid	Mo	Nordic Walking Freizeit	17.30-19.00	PSV - Winter 15.30-17.00	
Klaus	Di	Nordic Walking I - Thalasso	08.30-09.30	Wassersleben	x
Klaus	Di	Nordic Walking	10.15-11.15	Adelbylund	
Ingrid	Do	Nordic Walking Freizeit	09.30-10.30	PSV - Winter 10.00-11.00	
Klaus	Fr	Nordic Walking	08.30-09.30	Gastst. Marienhözung	x

POWERANGEBOTE					
Susanne	Di	BBP	18.00-19.00	Multiplex I (PSV)	
Anna	Di	Selbstverteidig.+ Fitness	18.30-19.30	Multiplex II (PSV)	
Karin	Di	Zandunga	19.00-20.00	Multiplex I (PSV)	
Beriet	Mi	Power-Pilates	16.30-17.30	Multiplex II (PSV)	x
Kim Lina	Do	TwerxOut	20.00-21.00	Multiplex I (PSV)	
WASSERGYMNASTIK					
Beriet	Di	Wassergymn. Be1	08.15-09.00	Campusbad	x
Beriet	Di	Wassergymn. Be2	09.00-09.45	Campusbad	x
Beriet	Di	Wassergymn. Be3	09.45-10.30	Campusbad	x
Viola	Di	Wassergymn. S1	18.00-18.45	Campusbad	x
Viola	Di	Wassergymn. S2	18.45-19.30	Campusbad	x
Viola	Do	Wassergymn. S5	08.00-08.45	Campusbad	x
Viola	Do	Wassergymn. S3	08.45-09.30	Campusbad	x
Viola	Do	Wassergymn. S4	09.30-10.15	Campusbad	x
Beate	Do	Wassergymn. B1	10.15-11.00	Campusbad	x
Beate	Do	Wassergymn. B2	11.00-11.45	Campusbad	x
Beate	Do	Wassergymn. B3	11.45-12.30	Campusbad	x
Beriet	Do	Wassergymn. Be4	12.30-13.15	Campusbad	x
Beriet	Do	Wassergymn. Be5	13.15-14.00	Campusbad	x
Beate	Do	Wassergymn. K1	18.30-19.15	Campusbad	x
Beate	Do	Wassergymn. K2	19.15-20.00	Campusbad	x
Beate	Fr	Wassergymn. B4	10.15-11.00	Campusbad	x
Beate	Fr	Wassergymn. B5	11.00-11.45	Campusbad	x
Beate	Fr	Wassergymn. B6	11.45-12.30	Campusbad	x
Beate	Fr	Wassergymn. B7	12.30-13.15	Campusbad	x
Beate	Fr	Wassergymn. B8	13.15-14.00	Campusbad	x
YOGA ETC					
Beriet	Mo	Pilates Reha Basic	09.00-10.00	Multiplex II (PSV)	x
Beriet	Mo	Pilates	10.00-11.00	Multiplex II (PSV)	x
Beriet	Mo	Yoga zum Wochenstart	11.00-12.00	Multiplex II (PSV)	x
Beriet	Mo	Sitzyoga	12.00-13.00	Multiplex II (PSV)	x
Dagmar	Di	Yoga I	10.00-11.00	Multiplex II (PSV)	
Dagmar	Di	Yoga II	11.00-12.00	Multiplex II (PSV)	
Beriet	Di	Yogilates	14.30-15.30	Multiplex I (PSV)	x
Beriet	Di	Pilates	15.30-16.30	Multiplex I (PSV)	x
Beriet	Mi	Sensitiv Yoga	15.30-16.30	Multiplex II (PSV)	x
Elke	Mi	Yoga III	18.30-19.30	Multiplex II (PSV)	
Beriet	Do	Sitzyoga	16.00-17.00	Multiplex II (PSV)	x
Beriet	Do	Pilates Reha	17.00-18.00	Multiplex II (PSV)	x
Beriet	Do	Yogilates Reha	18.00-19.00	Multiplex II (PSV)	x
Marina	Fr	Yoga	11.00-12.00	Multiplex II (PSV)	x
Marina	Fr	Yoga	12.00-13.00	Multiplex II (PSV)	x
Klaus	Di	Radwandern	15.00-18.00	PSV Platz	
Frank	Do	Tai Chi	19.00-20.00	Rudeschule	

da einige Kurse bereits vollständig belegt sind, bitte bei Interesse vorher im Büro anrufen !!!

NUMMER DES BÜROS 0461-51990