

|    | MONTAG                                       | DIENSTAG                                     | MITTWOCH   | DONNERSTAG                                    | FREITAG                                   |
|----|--|--|--|---|---|
| 8  |  |  |  |   |   |
| 9  | 9:00 - 11:00<br>Boccia<br>(1)                | 08:45 - 09:45<br>Gymnastik (1)               |  | 9:00 - 10:00<br>Gymnastik (1)                 | 9:00 - 10:00<br>Gymnastik Reha-Sport (1)  |
| 10 |  | 10:00 - 11:30<br>Step Aerobic / Pilates (1)  |  | 10:15 - 11:15<br>Gymnastik (1)                |   |
| 11 | 10:45 - 11:45<br>Gymnastik (1)               |  | 10:00 - 12:00<br>Boccia (1)                        | 11:30 - 12:30<br>Gymnastik Reha-Sport (1)     |   |
| 12 |  |  |  |   |   |
| 13 |  |  |  | 12:45 - 14:15<br>Line Dance (1)               |   |
| 14 |  |  | 13:00 - 14:30<br>Rhythmische Sportgymnastik<br>(1) |   |   |
| 15 | 15:00 - 16:00<br>Gymnastik<br>Reha-Sport (2) | 14:15 - 15:15<br>Gymnastik (1)               |  | 14:30 - 15:30<br>Gymnastik Reha-<br>Sport (1) | 14:00 - 17:00<br>Wasser-<br>gymnastik (5) |
| 16 | 15:00 - 17:00<br>Bosseln (3)                 | 15:45 - 16:45<br>Muskel-/Faszientraining (1) | 16:00 - 17:00<br>Gymnastik/Lebenshilfe (1)         | 15:45 - 16:45<br>Gymnastik<br>Reha-Sport (1)  |   |
| 17 | 16:00 - 18:00<br>Selbstschutz (1)            |  |  | 17:00 - 18:00<br>Gymnastik (1)                |   |
| 18 | Ab 18:00<br>Tischtennis (1)                  | 18:00 - 20:00<br>Bosseln (4)                 | 18:30 - 19:15<br>Zumba (1)                         |   | Ab 17:00<br>Tischtennis (1)               |
| 19 | 18:45 - 21:00<br>Wasser-<br>gymnastik (5)    |  |  |   |   |
| 20 |  |  |  |   |   |
| 21 |  |  |  |   |   |

Legende Trainingsorte:


(1) Hallesche Str. 76

(2) Angelika-Hartmann-Schule

(3) Hahnemann-Schule

(4) Regenbogenschule

(5) Köthener Badewelt

 Reha-Sport