



	Montag			Dienstag			Mittwoch			Donnerstag			Freitag	
8.00-8.30														
8.30-9.00														
9.00-9.30	HSG SR 2/Ergo 9-10	HSG VIII Ergo/SR 2 9-10	Parkinson SR1/Ergo 09.00-10.30		HSG V Ergo/SR 1 9-10	Krebs Ergo/SR 2 8.30-9.30		HSG Ergo/SR 2 9-10		LWS SR 2 09.30-10.30	HSG V Ergo/SR1 9-10		HSG VIII Ergo/SR2 9-10	
9.30-10.00									Apogr. SR2/Ergo 9.30-11.00					
10.00-10.30	LWS SR 2 10-11	HSG SR 1/Ergo 10-11		LWS SR 2 10-11	HSG I Ergo/SR 1 10-11			HWS SR1 10-11			HSG I SR1/Ergo 10-11	HSG I Ergo/SR1 10-11	LWS SR 1 10-11	
10.30-11.00														
11.00-11.30	NMG 11.15 Uhr	HSG III Ergo/SR 2 11-12	Parkinson SR1/Ergo 10.30-12.00		HSG VII Ergo/SR 1 11-12	NMG 11.15 Uhr	Osteo. SR1 11-12	HSG III Ergo/SR2 11-12			Senior. Ergo/SR2 11-12	paVK III SR2/Ergo 10.30-12.00	HSG VII Ergo/SR1 11-12	
11.30-12.00										LWS SR 1 11.30-12.30				
12.00-12.30		HSG IX Ergo/SR2 12-13	NMG Herzsport		HSG XII Ergo/SR3 12-13						HSG XII Ergo/SR1 12-13	Kniegr. SR2 12-13	HSG IX Ergo/SR2 12-13	HWS SR 1 12-13
12.30-13.00	LWS SR 1 12.30-13.30			LWS SR 1 12.30-13.30		Lungensport 12.30-13.30 SR2/Ergo								
13.00-13.30		HSG XVII Ergo/SR 1 13-14						HSG XVII SR2/Ergo 13-14						
13.30-14.00									Krebs 13.30-14.30			paVK I SR1/Ergo 13.00-14.30		
14.00-14.30		HSG XVIII Ergo/SR 1 14-15	Geselliger Tanz/SR2 14-15.30					HSG XVIII Ergo/SR2 14-15					LWS SR 1 14-15	
14.30-15.00														
15.00-15.30		HSG XIV Ergo/SR1 15-16.30		LWS SR 1 15-16	HSG X Ergo/SR2 15-16	GEBE-gruppe 15-16 SR3	LWS SR1 15-16	HSG XIII Ergo/SR2 15.00-16.30			HSG X Ergo/SR1 15-16	paVK II SR1/Ergo 14.30-16.00	Osteop. SR 1 15-16	
15.30-16.00														
16.00-16.30					HSG XI Ergo/SR2 16-17		LWS SR1 16-17			NMG 16.15-17 SR3	HSG XI Ergo/SR1 16-17		LWS SR 1 16-17	
16.30-17.00		LWS SR 2 16.30-17.30	Walking 17-18									NW Mockau 16.30-17.30		
17.00-17.30	WS SR 1 17-18				Diabetes Ergo/SR1 17-18	BKN Ergo/SR2 16.30-18.00	WS / Fitness SR 1/2 17-18		Salus RS SR 1/2 17-18	WS SR 2 17-18	HSG VI Ergo/SR1 17-18		WS SR 1 17-18	
17.30-18.00		HSG IV SR 2 /Ergo 17.30-18.30	HSG VI Ergo/SR2 17.30-18.30					HSG IV Ergo/SR1 17.30-18.30						
18.00-18.30	WS SR 1 18-19				HSG II Ergo/SR1 18-19		WS SR2 18-19			Migräne SR 1 18-19	HSG XVI Ergo/ SR1 18-19			
18.30-19.00		HSG XVI Ergo/SR 1 18.30-19.30		GSR Ergo/SR1 18.30-19.30				HSG XV Ergo/SR 1 18.00-19.30						
19.00-19.30					HSG HKL Ergo/SR1 19-20		WS SR2 19-20	Fitness SR 1 19.30-20.30			HSG HKL Ergo/SR2 19-20	Salus RS SR 1 19-20		
19.30-20.00	Fitness SR 1 19.30-20.30													
20.00-20.30														
20.30-21.00														
21.00-21.30														
21.30-22.00														

Schlaganfallgruppe
Ganzkörpertraining
Abnehmkurs
Herz-Kreislauf-Präventionskurs

HSG: Herzsportgruppe
HWS: Halswirbelsäulengruppe
LWS: Lendenwirbelsäulengruppe
NMG: Nichtmitgliederguppen

NW: Nordic-Walking
Osteo: Osteoporose
paVK: periphere arterielle Verschlusskrankheit
WS: Wirbelsäule

Ergo: Ergometer
SR 1: Sportraum 1
SR 2: Sportraum 2

