

| 1. Hj 2025 | Montag                                                        |                                                                        | Dienstag                                                           |                                                          | Mittwoch                                                     |                                                     | Donnerstag                                                      |                                                    | Freitag                                            |                                                               | Samstag    |            | 1. Hj 2025 |
|------------|---------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|------------|------------|------------|
| Uhrzeit    | Kursraum 1                                                    | Kursraum 2                                                             | Kursraum 1                                                         | Kursraum 2                                               | Kursraum 1                                                   | Kursraum 2                                          | Kursraum 1                                                      | Kursraum 2                                         | Kursraum 1                                         | Kursraum 2                                                    | Kursraum 1 | Kursraum 2 | Uhrzeit    |
| 8:00       |                                                               |                                                                        |                                                                    | Silke Kallweit<br>Fitness-Mix<br>08.00 - 09.00           |                                                              |                                                     |                                                                 | Silke Kallweit<br>Pilates<br>08.00 - 09.00         |                                                    |                                                               |            |            | 8:00       |
| 8:15       |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 8:15       |
| 8:30       |                                                               |                                                                        |                                                                    |                                                          | Brigitte Donner<br>Dynamisches Yoga<br>08.30 - 10.00         | Christina Polte Lach<br>Yoga 08.30 - 09.30          |                                                                 |                                                    |                                                    |                                                               |            |            | 8:30       |
| 8:45       |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 8:45       |
| 9:00       |                                                               | Gabi Wagener<br>Reha Orthopädie<br>09.00 - 09.45                       |                                                                    |                                                          |                                                              |                                                     |                                                                 | Silke Kallweit<br>Pilates 50+<br>09.00 - 10.00     | Marina Sevnek<br>Morning Yoga<br>09.00 - 10.00     | Silke Janßen<br>Reha Orthopädie<br>09.00 - 09.45              |            |            | 9:00       |
| 9:15       |                                                               |                                                                        |                                                                    |                                                          |                                                              | Sevinc Susam<br>Reha Orthopädie<br>09.10 - 09.55    |                                                                 |                                                    |                                                    |                                                               | 9:15       |            |            |
| 9:30       |                                                               |                                                                        |                                                                    |                                                          |                                                              | Marina Gunterma<br>Reha Orthopädie<br>09.30 - 10.15 |                                                                 |                                                    |                                                    |                                                               |            | 9:30       |            |
| 9:45       |                                                               |                                                                        |                                                                    | Regina Engel<br>Hockergymnastik<br>09.40 - 10.25         |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 9:45       |
| 10:00      | Gabi Wagener<br>Reha Orthopädie<br>10.00 - 10.45              | Frau Beeker<br>Gesund und fit im<br>Alter<br>10.00 - 11.00             |                                                                    |                                                          |                                                              |                                                     | Jürgen Driever<br>Qi Gong<br>10.00 - 11.00                      | Silke Kallweit<br>Pilates<br>10.00 - 11.00         |                                                    | Silke Janßen<br>Reha Orthopädie<br>10.00 - 10.45              |            |            | 10:00      |
| 10:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            | 10:15      |            |
| 10:30      |                                                               |                                                                        |                                                                    |                                                          |                                                              | Marina Gunterma<br>Reha Orthopädie<br>10.30 - 11.15 |                                                                 |                                                    |                                                    |                                                               |            |            | 10:30      |
| 10:45      |                                                               |                                                                        |                                                                    | Regina Engel                                             |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 10:45      |
| 11:00      | Gabi Wagener<br>Reha Lungensport<br>11.00 - 11.45             | Frau Beeker<br>Gesund und fit im<br>Alter<br>11.00 - 12.00             |                                                                    | Reha Lungensport<br>10.35 - 11.20                        |                                                              |                                                     |                                                                 |                                                    |                                                    | Silke Janßen<br>Reha Lungensport<br>11.00 - 11.45             |            |            | 11:00      |
| 11:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               | 11:15      |            |            |
| 11:30      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 11:30      |
| 11:45      |                                                               |                                                                        |                                                                    | Regina Engel                                             |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 11:45      |
| 12:00      |                                                               |                                                                        |                                                                    | Reha Lungensport<br>11.30 - 12.15                        |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 12:00      |
| 12:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 12:15      |
| 12:30      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 12:30      |
| 12:45      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 12:45      |
| 13:00      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 13:00      |
| 13:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 13:15      |
| 13:30      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 13:30      |
| 13:45      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 13:45      |
| 14:00      |                                                               |                                                                        |                                                                    |                                                          |                                                              | Gabi Wagener<br>Herzsport<br>14.00 - 15.00          |                                                                 |                                                    |                                                    |                                                               |            |            | 14:00      |
| 14:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 14:15      |
| 14:30      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 14:30      |
| 14:45      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 14:45      |
| 15:00      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 15:00      |
| 15:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 15:15      |
| 15:30      |                                                               |                                                                        |                                                                    |                                                          |                                                              | Gabi Wagener<br>Herzsport<br>15.15 - 16.15          |                                                                 |                                                    |                                                    | Marc Tack<br>Kids in Bewegung<br>15.30 - 16.30<br>(Turnhalle) |            |            | 15:30      |
| 15:45      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 15:45      |
| 16:00      | Osteoporose<br>Selbsthilfe Gruppe<br>Geldern<br>16.00 - 17.00 | Irmgard Dicks<br>QiGong<br>16.00 -17.00                                |                                                                    | Markus Sendek<br>Reha Parkinson<br>16.00 - 16.45         | Rehasportverein für<br>ambulanten Herz-<br>und Diabetessport |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 16:00      |
| 16:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            |            |
| 16:30      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 16:30      |
| 16:45      |                                                               |                                                                        |                                                                    |                                                          |                                                              | Züleyha Blanck<br>Time for Yoga<br>16.45 - 17.45    |                                                                 | Silke Kallweit<br>Reha Orthopädie<br>16.50 - 17.35 |                                                    |                                                               |            |            | 16:45      |
| 17:00      | Franziska Pickers<br>Faszien-Yoga<br>17.00 - 18.00            | Paulo Gomes<br>Line Dance<br>Fortführungskurs<br>17.00 - 18.30 Uhr     |                                                                    | Markus Sendek<br>Reha Neurologie<br>17.00 - 17.45        | Sarah Quasten<br>Wirbelsäulen-<br>gymnastik<br>17.00 - 18.00 |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 17:00      |
| 17:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            |            |
| 17:30      |                                                               |                                                                        | Züleyha Blanck<br>Body-Fit<br>17.30 - 18.30                        |                                                          |                                                              |                                                     | Züleyha Blanck<br>Pilates<br>17.30 - 18.30                      |                                                    |                                                    | Elisabeht Niel<br>Wirbelsäulen-<br>gymnastik<br>17.30 - 18.30 |            |            | 17:30      |
| 17:45      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    | Silke Kallweit<br>Reha Orthopädie<br>17.40 - 18.25 |                                                               |            |            | 17:45      |
| 18:00      | Franziska Pickers<br>Bodyworkout<br>18.00 - 19.00             | Paulo Gomes Line<br>Dance für<br>Fortgeschrittene<br>18.30 - 20.00 Uhr |                                                                    | Aloima Galan-<br>Castillo<br>ZUMBA Gold<br>17.50 - 18.50 | Sarah Quasten<br>Wirbelsäulen-<br>gymnastik<br>18.00 - 19.00 | Melanie Frantzki<br>BOP<br>18.00 - 19.00            | Sabine Anhuf<br>Kraft- und<br>Ausdauertraining<br>18.30 - 19.30 | Silke Kallweit<br>Reha Orthopädie<br>18.30 - 19.15 |                                                    | Elisabeht Niel<br>Wirbelsäulen-<br>gymnastik<br>18.30 - 19.30 |            |            | 18:00      |
| 18:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 18:15      |
| 18:30      |                                                               |                                                                        | Züleyha Blanck<br>Funktionelles<br>Zirkeltraining<br>18.30 - 19.30 |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 18:30      |
| 18:45      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 18:45      |
| 19:00      | Sarah Quasten<br>Body- und<br>Rückenfit<br>19.00 - 20.00      |                                                                        |                                                                    | Aloima Galan-<br>Castillo<br>Piloxing<br>18.55 - 19.55   | Silke Kallweit Reha<br>Orthopädie<br>19.00 - 19.45           | Maike van<br>Koeverden<br>BOP<br>19.00 - 20.00      |                                                                 |                                                    |                                                    |                                                               |            |            | 19:00      |
| 19:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            |            |
| 19:30      |                                                               |                                                                        | Züleyha Blanck<br>Rücken-Fit<br>19.30 - 20.30                      |                                                          |                                                              |                                                     | Jil Keppeler<br>Reha Orthopädie<br>19.45 - 20.30                | Sarah Quasten<br>Hatha Yoga<br>19.30 - 21.00       |                                                    |                                                               |            |            | 19:30      |
| 19:45      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            |            |
| 20:00      | Aloima Galan-<br>Castillo<br>ZUMBA©Fitness<br>20.00 - 21.00   | Silke Kallweit<br>BOP<br>20.00-21.00 Uhr                               |                                                                    | Tamara<br>Hulan meets<br>Fitness<br>20.00 - 21.00        | Elke Cürvers<br>Yoga - Zeit für mich<br>20.00 - 21.00        |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 20:00      |
| 20:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 20:15      |
| 20:30      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 20:30      |
| 20:45      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 20:45      |
| 21:00      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 21:00      |
| 21:15      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 21:15      |
| 21:30      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 21:30      |
| 21:45      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 21:45      |
| 22:00      |                                                               |                                                                        |                                                                    |                                                          |                                                              |                                                     |                                                                 |                                                    |                                                    |                                                               |            |            | 22:00      |