



# Kursplan Fitness & Gesundheit

| Montag                                                                                                                                                                                                                               |                                     | Dienstag                                                     |                                     | Mittwoch                                                                          |                                  | Donnerstag                                                                                                                                                                                                                                |                                   | Freitag                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Samstag                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|--------------------------------------------------------------|-------------------------------------|-----------------------------------------------------------------------------------|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| Reha*<br>09:30-10:15<br>Bettina/SBH                                                                                                                                                                                                  | Reha*<br>10:30-11:15<br>Bettina/SBH | Pilates<br>09:00 - 09:45<br>Barbara / SBH                    |                                     | Vinyasa-Yoga<br>08:30 - 09:45<br>Tanja / ST89                                     |                                  | Nordic Walking<br>09:00 - 10:00<br>Christel / vor Ambiente                                                                                                                                                                                |                                   | Fitness am Vormittag<br>10:00 - 11:00<br>Uli / ST89                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Functional RüFi + Stretch<br>10:30 - 12:00<br>Susi / ST89  |
| 10:10 - 10:55<br>KAHA<br>Uli / ST89                                                                                                                                                                                                  |                                     | Reha*<br>10:00-10:45<br>Barbara/SBH                          | Reha*<br>11:00-11:45<br>Barbara/SBH | Reha*<br>10:00-10:45<br>Susi/SBH                                                  | Reha*<br>11:00-11:45<br>Susi/SBH | Reha*<br>10:15-11:00<br>Petra/SBH                                                                                                                                                                                                         | Reha*<br>11:15-12:00<br>Petra/SBH | Stretch & Mobility<br>11:15 - 12:15<br>Nele B. / ST89                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Sonntag                                                    |
| Stretch & Mobility<br>11:00 - 11:45<br>Uli / ST89                                                                                                                                                                                    |                                     | Functional RüFi + Stretch<br>10:30 - 12:00<br>Susi / ST89    |                                     | Körper in Balance<br>10:00 - 11:00<br>Petra / ST89                                |                                  | Functional RüFi + Stretch<br>10:30 - 12:00<br>Susi / ST89                                                                                                                                                                                 |                                   | Fit ins Wochenende<br>17:30 - 18:30<br>Meike / ST89                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Mountainbike****<br>09:30 - 11:00<br>Tobi&Andi/Kronenb.Hof |
| Functional Circuit<br>18:15 - 19:15<br>Bettina / SBH                                                                                                                                                                                 |                                     | Nordic Walking**<br>17:30 - 18:30<br>Karin / s. unten rechts |                                     |  |                                  | Reha*<br>17:30/SBH<br>Susi                                                                                                                                                                                                                |                                   | Feldenkrais*****<br>18:30 - 19:30<br>Corinna / ST89                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Wake&Move<br>10:15 - 11:45<br>Doreen / ST89                |
| ab 12.10. wieder Tabata<br>18:00 - 19:00 / Lea<br> Sportplatz /  Gym |                                     | Full Body Workout<br>18:00 - 19:00<br>Janina / ST89          |                                     | Intervall Training<br>ab 07.10. 18:00 - 19:00<br>Doreen/ Fee / ST89               |                                  | Bauch Beine Po<br>17:30 – 18:30<br>Renate / ST89                                                                                                                                                                                          |                                   | <div>ST89 = Sporttreff89<br/>ST89 TF = Trainingsfläche Sporttreff89<br/>SBH = Schauenburghalle<br/>NBH = Neuberghalle<br/>MBH = Mühlbachhalle<br/>Gym = TSG-Gymnastikraum</div> <div>* = Reha-Sport nur mit ärztlicher Verordnung<br/>** = April-Okt.: Wald, Treffpunkt: 3-Eichen   Nov.-März:<br/>Feld, Treffpunkt: Vor der SBH<br/>***= Nur vom 01.04.-30.09.! Weitere Infos unter<br/><a href="https://www.tsg-germania-dossenheim.de/outdoor-trainingszeiten.html">https://www.tsg-germania-dossenheim.de/outdoor-trainingszeiten.html</a><br/>****= Jeden 1. und 3. Sonntag im Monat: 1. So. Social Ride<br/>mit Andi, 3. So. Tough Ride mit Tobi<br/>*****= Spezialkurs, Infos in Kurabu zu finden</div> |                                                            |
| Aerobicdance/Workout<br>18:00 - 19:30<br>Maria H. / ST89                                                                                                                                                                             |                                     | Gesund & Fit Ü70<br>18:00 - 19:15<br>Uli / SBH               |                                     | Mountainbike***<br>18:30 - 20:30<br>Chris & Tobi/ Kronenb.Hof                     |                                  | Spinning<br>18:00 – 19:00<br>Jana / Gym                                                                                                                                                                                                   |                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                            |
| Fitnessgymnastik<br>19:15 - 20:15<br>Renate / SBH                                                                                                                                                                                    |                                     | Full Body Workout<br>19:00 – 20:00<br>Janina / ST89          |                                     | ab 07.10. Ashtanga-Yoga<br>19:00 - 20:30<br>Nele A./ ST89                         |                                  | Step & Stretch<br>18:30 - 20:00<br>Susi / SBH                                                                                                                                                                                             |                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                            |
| RückenFit<br>19:30 - 20:30<br>Gesa / ST89                                                                                                                                                                                            |                                     | Gesund & Fit Ü50<br>19:15 - 20:30<br>Uli / SBH               |                                     | Pilates<br>19:00 - 20:00<br>Bettina / NBH                                         |                                  | Pilates<br>18:45 – 20:00<br>Nele B./ ST89                                                                                                                                                                                                 |                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                            |
| Kursanmeldung:<br>Technogym-App oder<br>06221-9855889                                                                                                                                                                                |                                     | Late Night Workout<br>20:00 - 21:00<br>Julia / ST89          |                                     | Fit-MIX<br>19:00 - 20:30<br>Gesa / MBH                                            |                                  | Outdoor-Fitness<br>19:30 - 20:30 / Norman<br> Sportplatz /  Gym |                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                            |

