

| MONTAG                                                                                                         |            |                                                                                                                 |                   | DIENSTAG                             |            |                                    |                   | MITTWOCH                             |                                 |                                      |                   | DONNERSTAG                                                                                                        |                        |                                      |                   | FREITAG                                                                                                            |                                             |                                                                                                              |         |
|----------------------------------------------------------------------------------------------------------------|------------|-----------------------------------------------------------------------------------------------------------------|-------------------|--------------------------------------|------------|------------------------------------|-------------------|--------------------------------------|---------------------------------|--------------------------------------|-------------------|-------------------------------------------------------------------------------------------------------------------|------------------------|--------------------------------------|-------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------|
| Kursraum 1                                                                                                     | Kursraum 2 | Kursraum 3                                                                                                      | Boulder u. Cardio | Kursraum 1                           | Kursraum 2 | Kursraum 3                         | Boulder u. Cardio | Kursraum 1                           | Kursraum 2                      | Kursraum 3                           | Boulder u. Cardio | Kursraum 1                                                                                                        | Kursraum 2             | Kursraum 3                           | Boulder u. Cardio | Kursraum 1                                                                                                         | Kursraum 2                                  | Kursraum 3                                                                                                   | Boulder |
| 08.00 - 9.30<br>Herzsport<br>  |            | 08.30 - 10.00<br>Herzsport<br> |                   | 08.00 - 09.00<br>Rücken              |            | 09.00 - 10.00<br>Hocker Knie/Hüfte |                   | 08.00 - 09.00<br>Rücken              |                                 | 08.00 - 09.00<br>Atemgruppe          |                   | 08.30 - 10.00<br>Herzsport<br> |                        | 08.00 - 09.00<br>Ganzkörper Training |                   | 08.00 - 9.30<br>Herzsport<br>   |                                             | 08.00 - 09.30<br>Yoga<br> |         |
| 09.30 - 11.00<br>Herzsport<br> |            | 10.00 - 11.00<br>Rücken                                                                                         |                   | 09.00 - 10.00<br>Knie/Hüfte          |            |                                    |                   | 09.00 - 10.00<br>Knie/Hüfte          |                                 | 09.00 - 10.00<br>Rücken              |                   |                                                                                                                   |                        | 09.00 - 10.00<br>Knie/Hüfte          |                   | 09.30 - 11.00<br>Herzsport<br>  | 09.00 - 10.00<br>Ganzkörper Training Hocker |                                                                                                              |         |
|                                                                                                                |            | 11.00 - 12.00<br>Knie/Hüfte                                                                                     |                   | 10.00 - 11.00<br>Knie/Hüfte          |            |                                    |                   | 10.00 - 11.00<br>Ganzkörper Training | 9.45 - 10.45<br>Babyturnen      | 10.00 - 11.00<br>Rücken              |                   | 10.00 - 11.00<br>Rücken                                                                                           |                        | 10.00 - 11.00<br>Rücken              |                   |                                                                                                                    | 10.00 - 11.00<br>Ganzkörper Training        | 10.00 - 11.00<br>Pilates                                                                                     |         |
|                                                                                                                |            |                                                                                                                 |                   | 11.00 - 12.00<br>Ganzkörper Training |            |                                    |                   | 11.00 - 12.00<br>Rücken              | 11.00 - 12.00<br>Senioren Zumba | 11.00 - 12.00<br>Ganzkörper Training |                   | 11.00 - 12.00<br>Rücken                                                                                           | 11.00 - 12.00<br>Aroha | 11.00 - 12.00<br>Rücken              |                   | 11.00 - 12.00<br>Neurosport<br> |                                             | 11.00 - 12.00<br>Rücken                                                                                      |         |

# SPORTZENTRUM Hochland e.V. / PHYSIO-Med Therapiezentrum



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|                                        |                                        |                                                                                                                          |                              |                                                                                                                   |                         |                                        |                              |                                                                                                                  |                                        |                                        |                              |                              |                                     |                                      |                              |                                                                                                                     |  |                                    |  |
|----------------------------------------|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------|----------------------------------------|------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------|----------------------------------------|------------------------------|------------------------------|-------------------------------------|--------------------------------------|------------------------------|---------------------------------------------------------------------------------------------------------------------|--|------------------------------------|--|
| 15.00 - 16.00<br>Rücken                |                                        |                                                                                                                          |                              | 15.00 - 16.00<br>Rücken                                                                                           |                         |                                        |                              | 14.00 - 15.00<br>Neurosport<br> |                                        |                                        |                              | 14.00 - 15.00<br>Rücken      |                                     |                                      |                              | 14.00 - 15.00<br>Rücken                                                                                             |  |                                    |  |
| 16.00 - 17.00<br>Fit for Kids (5-6 J.) | 16.00 - 17.00<br>Fit for Kids (3-4 J.) |                                                                                                                          | 16.00 - 17.00<br>KletterKids | 16.30 - 17.30<br>Trampolin (4-8 J.)                                                                               | 17.00 - 18.00<br>Rücken | 17.00 - 18.00<br>Dance Dance (8-14 J.) | 17.00 - 18.00<br>KletterKids | 16.00 - 17.00<br>Fit for Kids (5-6 J.)                                                                           | 15.30 - 16.30<br>Fit for Kids (2-3 J.) | 16.00 - 17.00<br>Fit for Kids (3-4 J.) | 16.00 - 17.00<br>KletterKids | 16.00 - 17.00<br>Knie/Hüfte  | 16.00 - 17.00<br>Trampolin (3-7 J.) | 16.00 - 17.00<br>KidsZumba (7-10 J.) | 16.00 - 17.00<br>KletterKids | 16.30 - 18.00<br>Herzsport<br> |  | 16.00 - 18.00<br>Jujutsu (ab 6 J.) |  |
| 17.00 - 18.00<br>Rücken                | 17.00 - 18.00<br>Aroha                 | 17.00 - 18.00<br>Dance Dance (8-14 J.)                                                                                   | 17.00 - 18.00<br>KletterKids | 17.30 - 19.00<br>Herzsport<br> | 18.00 - 19.00<br>Rücken | 18.00 - 19.00<br>Dance Dance (8-14 J.) | 18.00 - 19.00<br>KletterKids | 17.00 - 18.00<br>Rücken                                                                                          | 17.30 - 18.30<br>Fit for Kids (3-4 J.) | 17.00 - 18.00<br>Nug Mui (ab 10 J.)    | 17.00 - 18.00<br>KletterKids | 17.00 - 18.00<br>Osteoporose | 17.00 - 18.00<br>Rücken             | 17.00 - 18.00<br>KidsZumba (7-10 J.) | 17.00 - 18.00<br>KletterKids |                                                                                                                     |  |                                    |  |
| 18.00 - 19.00<br>Rücken                | 18.00 - 19.00<br>Pilates               | 18.00 - 19.30<br>Yoga Fortgeschr.<br> |                              | 18.00 - 19.00<br>Ganzkörper Training                                                                              | 18.00 - 19.00<br>Zumba  | 18.00 - 19.00<br>Yoga                  |                              | 18.00 - 19.00<br>Rücken                                                                                          | 18.30 - 20.00<br>Ernährung Bewegung    | 18.00 - 19.00<br>Aktiv Pilates         |                              | 18.00 - 19.00<br>Rücken      | 18.00 - 19.00<br>Rücken             | 18.00 - 19.00<br>Functional Training |                              | 18.00 - 19.00<br>Rücken                                                                                             |  |                                    |  |
| 19.00 - 20.00<br>Step Aerobic          | 19.00 - 20.00<br>Adipositas Sport      | 19.30 - 21.00<br>Yoga Anfänger<br>    |                              | 19.00 - 20.00<br>Rücken                                                                                           | 19.00 - 20.00<br>Rücken | 19.00 - 20.00<br>Yoga                  |                              | 19.00 - 20.00<br>Body Styling                                                                                    |                                        | 19.00 - 20.00<br>Pilates               |                              | 19.00 - 20.00<br>Aroha       | 19.00 - 20.00<br>Rücken             |                                      |                              | 19.00 - 20.00<br>Body Styling                                                                                       |  |                                    |  |
| 20.00 - 21.00<br>Body Styling          | 20.00 - 21.00<br>Rücken Schule         |                                                                                                                          |                              | 20.00 - 21.00<br>Rücken                                                                                           |                         | 20.00 - 21.00<br>Männer Sport          |                              | 20.00 - 21.00<br>Rücken                                                                                          |                                        | 20.00 - 21.00<br>Rücken                |                              | 20.00 - 21.00<br>Männersport | 20.00 - 21.00<br>Rücken             |                                      |                              |                                                                                                                     |  |                                    |  |

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| Turnhalle Weißig<br>Kinder-Bogensport<br>Mo 17.30 Uhr | Turnhalle Weißig<br>Zumba<br>Mo 19.00 Uhr | Turnhalle Weißig<br>Bogensport<br>Mo 19.00 Uhr | Turnhalle Weißig<br>Tricking und Freerunning<br>Di 17.00 Uhr (ab 7 J.)<br>All - Ball - Sport<br>Di 18.00 Uhr (ab 11 J.) | Turnhalle Weißig<br>THAIROBIC<br>Mi 18.30 Uhr | Gemeindezentrum Dürrröhrsdorf<br>Zumba<br>Mo 18.25 Uhr<br>Do 19.30 Uhr | Grundschule Schönfeld<br>Badminton für Kinder<br>Mo 17.00 Uhr (ab 7 J.) | Schwimmhalle Bühlau<br>Wir bieten in der Schwimmhalle Bühlau AQUAGYMNASTIK an.<br>Die Kurszeiten für Aquagymnastik finden Sie separat als Auslage an unserer Rezeption oder im Internet unter:<br><a href="http://www.bewegung-in-sachsen.de">www.bewegung-in-sachsen.de</a> | Vereinsport<br>Kindersport<br>Prävention<br>Workout<br>Herzsport |
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