

| Zeiten | Montag | | | | Dienstag | | | | Mittwoch | | | |
|--------|----------------------------|--|------------------------------|------------------------------|--|------------------------------------|--|--|------------------------------|------------------------------|-------------------------------------|----------|
| | 07:00-21:30 Uhr | | | | 08:00-21:30 Uhr | | | | 07:00-21:30 Uhr | | | |
| Räume | Raum 1 | Raum 2 | Raum 3 | Clubhaus | Raum 1 | Raum 2 | Raum 3 | Clubhaus | Raum 1 | Raum 2 | Raum 3 | Clubhaus |
| 08:00 | | Rehasport Brigitte 08:00-08:45 | Rehasport Nicole 08:15-09:00 | | | Rehasport Sarah 08:00-08:45 | Yoga Friederike 08:30-10:00 | | | | Rehasport Isa 07:45-08:30 | |
| 09:00 | RückenFit Anja 09:00-09:45 | Rehasport Brigitte 09:00-09:45 | Rehasport Nicole 09:15-10:00 | | RückenFit Margitta 09:00-09:45 | Rehasport Sarah 09:00-09:45 | | | RückenFit Sarah 09:00-09:45 | Rehasport Anja 09:00-09:45 | Rehasport Isa 08:30-09:15 | |
| 10:00 | RückenFit Anja 10:00-10:45 | Rehasport Brigitte 10:00-10:45 | Yoga Ulrike 10:30-11:30 | Herzsport Nicole 10:30-11:30 | | Fit am Morgen Astrid 10:15-11:00 | Body in Balance Margitta 10:15-11:00 | | Rehasport Isa 10:00-10:45 | Rehasport Anja 10:00-10:45 | Yoga Friederike 09:30-11:00 | |
| 11:00 | | Rehasport Brigitte 11:00-11:45 | | | Rehasport Margitta 11:15-12:00 | | Progressive Muskelent. Petra 11:30-12:30 | | Rehasport Bärbel 11:00-11:45 | Pilates Anja 11:00-11:45 | | |
| 12:00 | Rehasport Anja 11:30-12:15 | Rehasport Brigitte 12:00-12:45 | | | Rehasport Margitta 12:15-13:00 | | | | Rehasport Bärbel 12:00-12:45 | | | |
| 13:00 | Rehasport Anja 12:30-13:15 | | | | | | | | | | | |
| 14:00 | | Rehasport Souad 14:00-14:45 | | | | | | | | Rehasport Anja 14:15-15:00 | | |
| 15:00 | | | | | | Rehasport Lunge Bärbel 15:00-15:45 | Rehasport Isa 15:30-16:15 | Achtsamkeit Marika 15:30-16:15 | | Rehasport Anja 15:15-16:00 | | |
| 16:00 | | Jumping Kids (ab 6 J.) Lucia 16:30-17:15 | | | Dancing Kids (6J.-10J.) Lara 16:00-16:45 | Rehasport Lunge Bärbel 16:00-16:45 | | Rehasport - Kids (12-17J.) Isa 16:30-17:15 | HulaHoop Kirsten 16:00-16:45 | | Rehasport Krebs Susanne 16:00-16:45 | |
| 17:00 | ZUMBA Souad 17:30-18:15 | Jumping Kids (ab 6 J.) Lucia 17:30-18:15 | Rehasport Anja 17:00-17:45 | | Yoga Kids Sabrina 17:00-17:45 | Rehasport Lunge Bärbel 17:00-17:45 | Yoga Steffi 17:00-18:00 | | ZUMBA Justyna 17:00-17:45 | Rehasport Anja 17:00-17:45 | Rehasport Krebs Susanne 17:00-17:45 | |
| 18:00 | JumpFit Ines 18:30-19:15 | Rehasport Barbara 18:30-19:15 | Rehasport Anja 18:00-18:45 | | BodyPower Astrid 18:00-18:45 | B.O.P. Lucia 18:00-18:45 | Rehasport Anja 18:15-19:00 | QiGong Richard 18:00-18:45 | ZUMBA Souad 18:00-18:45 | Feldenkrais Anja 18:00-18:45 | Shaolin Kempo 18:00-18:45 | |
| 19:00 | Pound Sabine 19:30-20:30 | Yoga Melissa 19:30-21:00 | Pilates Birgit 19:00-19:45 | | WS-Gym Astrid 19:00-19:45 | JumpFit Franz 19:00-19:45 | Pilates Anja 19:00-19:45 | Rehasport Zaya 19:00-19:45 | JumpFit Ines 19:00-19:45 | WS-Gym Anja 19:00-19:45 | Pilates Birgit 19:00-19:45 | |
| 20:00 | | | Pilates Birgit 20:00-20:45 | | VHS | | | Rehasport Zaya 20:00-20:45 | | Yoga Steffi 20:00-21:00 | Pilates Birgit 20:00-20:45 | |

| Zeiten | Donnerstag | | | | Freitag | | | | Samstag | Sonntag |
|--------|--|--|--|----------|---|--|------------------------------------|--|-------------------------------|-------------|
| | 08:00-21:30 Uhr | | | | 07:00-21:00 Uhr | | | | 09:00-18:00 | 09:00-18:00 |
| Räume | Raum 1 | Raum 2 | Raum 3 | Clubhaus | Raum 1 | Raum 2 | Raum 3 | Clubhaus | | |
| 08:00 | | Rehasport Nicole 08:00-08:45 | | | | Rehasport Brigitte 08:00-08:45 | | | | |
| 09:00 | ZUMBA Gold Souad 09:30-10:15 | Rehasport Nicole 09:00-09:45 | Pilates Birgit 09:15-10:00 | | | Rehasport Brigitte 09:00-09:45 | | Nordic Walking Astrid 09:00-10:00 Treffpunkt Parkplatz Töpferbad | ZUMBA Anke 09:30-10:30 | |
| 10:00 | Progressive Muskelentsp. Petra 10:30-11:15 | Rehasport Elke 10:15-11:00 | Pilates Birgit 10:15-11:00 | | Rehasport Astrid 10:15-11:00 | Rehasport Brigitte 10:00-10:45 | Meditation Nadja 10:30-11:30 | | JumpFit 10:30-11:30 | |
| 11:00 | Rücken-Gym. Petra 11:30-12:15 | Rehasport Souad 11:15-12:00 | Entspannung nach Jacobsen Elke 11:15-11:45 | | Rehasport Astrid 11:15-12:00 | | | | | |
| 12:00 | | | | | | | | | Salsa Suelta Dani 12:00-13:00 | |
| 14:00 | | Rehasport Anja 14:45-15:30 | | | Rehasport Astrid 15:00-15:45 | | Rehasport Lunge Nicole 14:30-15:15 | | | |
| 15:00 | | Rehasport Anja 15:45-16:30 | | | Rehasport Astrid 16:00-16:45 | HulaHoop Kirsten 16:00-16:45 | | | | |
| 16:00 | | WS-Gym Anja 16:45-17:30 | Rehasport - Kids (6-11J.) Isa 16:00-16:45 | | ZUMBA Justyna 17:00-17:45 | Jumping Kids (ab 6J.) Lucia 17:00-17:45 | | | | |
| 17:00 | WS-Gym Astrid 17:00-17:45 | Easy-Step-Workout Margitta 17:30-19:00 | Rehasport Isa 17:00-17:45 | | Rücken 3D & FaszienFit Sylvia 18:00-18:45 | Shaolin Kempo | | | | |
| 18:00 | BodyPower Astrid 18:00-18:45 | | Rehasport Isa 18:00-18:45 | | JumpFit Lucia 19:00-19:45 | Cardio&Stretch/ Yogilates Sylvia 19:00-19:45 | | | | |
| 19:00 | WS-Gym Astrid 19:00-19:45 | Fit-Mix Saskia 19:15-20:45 | Rehasport Isa 19:00-19:45 | | | | | | | |
| 20:00 | WS-Gym Astrid 20:00-20:45 | | Functional Fitness Nico 19:45-20:30 | | | | | | | |

Anmeldung zu den Kursen bitte über den persönlichen Login auf der Homepage www.osc-rheinhausen.de oder telefonisch unter 02065 - 68 78 400

Abteilungsexterne Angebote:

Shaolin Kempo
Ansprechpartner: Michael Hörle 0157-34391661

Rehasport für Kinder
Ansprechpartner: Marina Dormann 02065/ 6878406 Miriam Oheim 02065/ 73800

Rehasport Herz/ Lunge/ Krebs
Ansprechpartner: Miriam Oheim 02065/ 73800

Zu den Kursen ist weiterhin eine Online-Anmeldung nötig!

www.osc-rheinhausen.de



ab 11-23

- Legende:
- Rehasport – Orthopädie
 - Rehasport – Orthopädie – Kinder
 - Rehasport – Lunge
 - Rehasport – Herz/ Krebs
 - Kinderkurse
 - Powerkurse
 - Tanzform
 - Fitnesskurs
 - Entspannung/ ruhige Kurse
 - Abteilungsexterne Angebote

| RückenFit 1 F Allgemeine Fitnesseinheiten mit dem Fokus auf die Rückenmuskulatur. Es wird mit Kleinmaterial z.B. Hanteln, Bälle etc. gearbeitet. Empfehlung: Anschluss nach Reha-VO <table border="1"> <tr><td>Montag</td><td>09:00 Uhr / 10:00 Uhr</td></tr> <tr><td>Dienstag</td><td>09:00 Uhr</td></tr> <tr><td>Mittwoch</td><td>09:00 Uhr</td></tr> <tr><td>Freitag</td><td>10:00 Uhr</td></tr> </table> | Montag | 09:00 Uhr / 10:00 Uhr | Dienstag | 09:00 Uhr | Mittwoch | 09:00 Uhr | Freitag | 10:00 Uhr | WS-Gym by Anja 1 F Allgemeine Fitnesseinheiten mit dem Fokus auf die Rückenmuskulatur. Es wird mit Kleinmaterial z.B. Hanteln, Bälle etc. gearbeitet. Empfehlung: Anschluss nach Reha-VO <table border="1"> <tr><td>Mittwoch</td><td>19:00 Uhr</td></tr> <tr><td>Donnerstag</td><td>16:45 Uhr</td></tr> </table> | Mittwoch | 19:00 Uhr | Donnerstag | 16:45 Uhr | Rücken 3D & FaszienFit 1 F Ein spezieller im Flow ausgeführter Kurs für Rücken- und Faszien, bei dem die dreidimensionalen Bewegungen der Wirbelsäule und Hüfte vereint werden. <table border="1"> <tr><td>Freitag</td><td>18:00 Uhr</td></tr> </table> | Freitag | 18:00 Uhr | Fit am Morgen 1-2 F/T Ein traditioneller Aerobic-Kurs mit aufbauender Choreografie. <table border="1"> <tr><td>Dienstag</td><td>10:15 Uhr</td></tr> </table> Step-Workout 1-2 F Revival aus den 80ern. Choreos mit und um den Stepper. <table border="1"> <tr><td>Donnerstag</td><td>17:30 Uhr</td></tr> </table> | Dienstag | 10:15 Uhr | Donnerstag | 17:30 Uhr | WS-Gym by Astrid 2 F Allgemeine Fitnesseinheiten mit dem Fokus auf die Rückenmuskulatur. Es wird mit Kleinmaterial z.B. Hanteln, Bälle etc. gearbeitet. Empfehlung: Erfahrungen im Kurssport <table border="1"> <tr><td>Dienstag</td><td>19:00 Uhr</td></tr> <tr><td>Donnerstag</td><td>17:00 Uhr / 19:00 Uhr / 20:00 Uhr</td></tr> </table> | Dienstag | 19:00 Uhr | Donnerstag | 17:00 Uhr / 19:00 Uhr / 20:00 Uhr | BodyPower 2-3 F Ein Ganzkörper-Aerobic- Training mit Hanteln, Steppern, Bällen oder Eigengewicht. <table border="1"> <tr><td>Dienstag</td><td>18:00 Uhr</td></tr> <tr><td>Donnerstag</td><td>18:00 Uhr</td></tr> </table> Meditation 1 E Verschiedene Techniken zur körperlichen- und geistigen Entspannung zum Abschalten aus dem Alltag. <table border="1"> <tr><td>Freitag</td><td>10:30 Uhr</td></tr> </table> | Dienstag | 18:00 Uhr | Donnerstag | 18:00 Uhr | Freitag | 10:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|-----------------------|---|-------------------|---|--|-----------|--|---|-----------|-----------------------|------------|--|---|-----------------------|---|---|-----------|--|------------|--|--|-----------|---|------------|-----------------------------------|--|-----------------------------------|------------|---|---|-----------|-----------|--|--|------------------------|----------|---|--|-----------|------------|--|--|-----------|---------|--|--|-----------|-------------|--|--|--|----------|---------------------------------|--|--------------------|---------|-----------|--|--------------------|---------------------------------|--|--|--|----------|----------------------|--|--------------------|-----------|--|--|--|--------|-----------|--|--------------------|----------|-----------|--|--------------------|----------|----------------------|--|--------------------|---------|-----------|--|--------------------|-----------------------------------|--|--|--|----------|-----------|--|----------|------------|-----------|--|-----------|
| Montag | 09:00 Uhr / 10:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 09:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 09:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 10:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 19:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 16:45 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 18:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 10:15 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 17:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 19:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 17:00 Uhr / 19:00 Uhr / 20:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 18:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 18:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 10:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B.O.P 1-2 F Das klassische- Training mit Hanteln, Steppern, Bällen oder Eigengewicht. <table border="1"> <tr><td>Dienstag</td><td>18:00 Uhr</td></tr> </table> Fitnesslevel <table border="1"> <tr><td>1</td><td>Einsteiger</td></tr> <tr><td>2</td><td>sportlich</td></tr> <tr><td>3</td><td>trainiert</td></tr> </table> | Dienstag | 18:00 Uhr | 1 | Einsteiger | 2 | sportlich | 3 | trainiert | Yoga 1-2 F/E Ist eine Übungspraxis die aus Atemtechniken, körperlichen Übungen und Meditation besteht. Ziel ist mehr Flexibilität, Ausdauer, Kraft für ein besseres Körpergefühl. <table border="1"> <tr><td>Montag</td><td>10:30 Uhr / 19:30 Uhr</td></tr> <tr><td>Dienstag</td><td>08:30 Uhr / 17:00 Uhr</td></tr> <tr><td>Mittwoch</td><td>09:30 Uhr / 20:00 Uhr</td></tr> </table> | Montag | 10:30 Uhr / 19:30 Uhr | Dienstag | 08:30 Uhr / 17:00 Uhr | Mittwoch | 09:30 Uhr / 20:00 Uhr | Funktionelle Rücken-Gym 1 F/E Ziel ist es, das Muskel-Gelenkverhalten mittels einfachen Bewegungen zu verbessern. Beweglichkeit und Kräftigung stehen dabei im Mittelpunkt. <table border="1"> <tr><td>Donnerstag</td><td>11:30 Uhr</td></tr> </table> | Donnerstag | 11:30 Uhr | Body in Balance 1 E Ganzkörpertraining zur Kräftigung der Muskulatur, primär Beckenboden-, Bauch- und Rückenmuskulatur, mit fließenden Yogaelementen. <table border="1"> <tr><td>Dienstag</td><td>10:15 Uhr</td></tr> </table> | Dienstag | 10:15 Uhr | Pilates 1-2 F/E Ganzkörpertraining zur Kräftigung der Muskulatur, primär Beckenboden-, Bauch- und Rückenmuskulatur. <table border="1"> <tr><td>Montag</td><td>19:00 Uhr / 20:00 Uhr</td></tr> <tr><td>Dienstag</td><td>19:00 Uhr</td></tr> <tr><td>Mittwoch</td><td>11:00 Uhr / 19:00 Uhr / 20:00 Uhr</td></tr> <tr><td>Donnerstag</td><td>09:15 Uhr / 10:15 Uhr</td></tr> </table> | Montag | 19:00 Uhr / 20:00 Uhr | Dienstag | 19:00 Uhr | Mittwoch | 11:00 Uhr / 19:00 Uhr / 20:00 Uhr | Donnerstag | 09:15 Uhr / 10:15 Uhr | Feldenkrais 1 E Körperwahrnehmung durch kleine Bewegungen ohne Anstrengung. Ziel ist unbewusste fehlerhafte Alltagsbewegungen mittels Übungen mittelfristig zu korrigieren und zum Ursprung zurück zu kehren. Empfehlung: Anschluss nach Reha-VO <table border="1"> <tr><td>Mittwoch</td><td>18:00 Uhr</td></tr> </table> | Mittwoch | 18:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 18:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Einsteiger | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | sportlich | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | trainiert | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Montag | 10:30 Uhr / 19:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 08:30 Uhr / 17:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 09:30 Uhr / 20:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 11:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 10:15 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Montag | 19:00 Uhr / 20:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 19:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 11:00 Uhr / 19:00 Uhr / 20:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 09:15 Uhr / 10:15 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 18:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Achtsamkeit 1 E Bewusst im Hier und Jetzt sein Stärken der Körperenergien, geistigen und mentalen Fitness. Lerne Stressabbaustrategien kennen. <table border="1"> <tr><td>Montag</td><td>16:30 Uhr</td></tr> </table> | Montag | 16:30 Uhr | Entspannung nach Jacobsen 1 E Durch An- und Entspannung bestimmter Muskelgruppen soll ein Zustand tiefer Entspannung des ganzen Körpers erreicht werden. Die Entspannungseinheit endet einer Fantasiereise. <table border="1"> <tr><td>Donnerstag</td><td>11:15 Uhr</td></tr> </table> | Donnerstag | 11:15 Uhr | QiGong 1 E Ist eine chinesische Meditations-, Konzentrations- und Bewegungsform zur Kultivierung von Körper und Geist. <table border="1"> <tr><td>Dienstag</td><td>18:00 Uhr</td></tr> </table> | Dienstag | 18:00 Uhr | Progressive Muskelentsp. 1 E Durch An- und Entspannung bestimmter Muskelgruppen soll ein Zustand tiefer Entspannung des ganzen Körpers erreicht werden. <table border="1"> <tr><td>Dienstag</td><td>11:30 Uhr</td></tr> <tr><td>Donnerstag</td><td>10:30 Uhr</td></tr> </table> | Dienstag | 11:30 Uhr | Donnerstag | 10:30 Uhr | Meditation 1 E Durch Konzentrationsübungen tiefe Entspannung und veränderte Bewusstseinszustände erreichen. Ziel ist die Stille oder auch innere Leere, das Freisein von jeglichen Gedanken. <table border="1"> <tr><td>Freitag</td><td>10:30 Uhr</td></tr> </table> | Freitag | 10:30 Uhr | Yogilatis 1 E Yoga und Pilates verbunden, prägen diese Kursform. <table border="1"> <tr><td>Freitag</td><td>19:00 Uhr</td></tr> </table> | Freitag | 19:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Montag | 16:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 11:15 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 18:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 11:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 10:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 10:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 19:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ZUMBA Gold 1 T Kombination aus Aerobic mit lateinamerikanischen sowie internationalen Tänzen. Empfehlung: Für Einsteiger <table border="1"> <tr><td>Mittwoch</td><td>18:00 Uhr</td></tr> <tr><td>Donnerstag</td><td>09:30 Uhr</td></tr> </table> | Mittwoch | 18:00 Uhr | Donnerstag | 09:30 Uhr | Salsa Suelta 1 T Ist eine Tanzform ohne Partner aus verschiedenen Grundschritten von Rumba über Cha Cha Cha bis zu Reggaetons, unterstrichen von kubanischer anregender Musik. <table border="1"> <tr><td>Samstag</td><td>12:00 Uhr</td></tr> </table> | Samstag | 12:00 Uhr | ZUMBA 2-3 T Kombination aus Aerobic mit lateinamerikanischen sowie internationalen Tänzen. <table border="1"> <tr><td>Montag</td><td>17:30 Uhr</td></tr> <tr><td>Dienstag</td><td>10:00 Uhr</td></tr> <tr><td>Mittwoch</td><td>17:00 Uhr</td></tr> <tr><td>Freitag</td><td>17:00 Uhr</td></tr> <tr><td>Sonntag</td><td>09:30 Uhr</td></tr> </table> | Montag | 17:30 Uhr | Dienstag | 10:00 Uhr | Mittwoch | 17:00 Uhr | Freitag | 17:00 Uhr | Sonntag | 09:30 Uhr | HulaHoop 1-2 F HulaHoop ist ein Fitnesstraining mit einem Reifen, der klassischerweise um die Hüfte gekreist wird. Beim HulaHoop Workout trainiert man insbesondere die Taille, sowie die Ausdauer und die Koordination. <table border="1"> <tr><td>Mittwoch</td><td>16:00 Uhr</td></tr> <tr><td>Freitag</td><td>16:00 Uhr</td></tr> </table> | Mittwoch | 16:00 Uhr | Freitag | 16:00 Uhr | Rehasport 1 R Durch den Arzt verordnete und von der Krankenkasse übernommene Sporteinheiten, als ergänzende Maßnahmen zur Physiotherapie für Menschen mit orthopädischen oder internistischen Erkrankungen. Es wird in Kleingruppen mit Kleinmaterial trainiert. <table border="1"> <tr><th colspan="4">Orthopädie</th></tr> <tr><td>Montag</td><td>08:00 Uhr/ 08:15 Uhr/ 09:00 Uhr/ 09:15 Uhr/ 10:00 Uhr/ 11:00 Uhr/ 11:30 Uhr/ 12:00 Uhr/ 12:30 Uhr/ 14:00 Uhr/ 17:00 Uhr/ 18:00 Uhr/ 18:30 Uhr</td><td></td><td>Sportwelt</td></tr> <tr><td>Dienstag</td><td>08:00 Uhr/ 09:00 Uhr/ 11:15 Uhr/ 12:15 Uhr/ 15:30 Uhr/ 18:15 Uhr/ 19:00 Uhr/ 20:00 Uhr</td><td></td><td>Sportwelt und Clubhaus</td></tr> <tr><td>Mittwoch</td><td>07:45 Uhr/ 08:30 Uhr/ 09:00 Uhr/ 10:00 Uhr/ 11:00 Uhr/ 12:00 Uhr/ 14:15 Uhr/ 15:15 Uhr/ 17:00 Uhr</td><td></td><td>Sportwelt</td></tr> <tr><td>Donnerstag</td><td>08:00 Uhr/ 09:00 Uhr/ 10:15 Uhr/ 11:15 Uhr/ 14:45 Uhr/ 15:45 Uhr/ 17:00 Uhr/ 18:00 Uhr/ 19:00 Uhr/</td><td></td><td>Sportwelt</td></tr> <tr><td>Freitag</td><td>08:00 Uhr/ 09:00 Uhr/ 10:15 Uhr/ 11:15 Uhr/ 15:00 Uhr/ 16:00 Uhr</td><td></td><td>Sportwelt</td></tr> <tr><th colspan="4">Lungensport</th></tr> <tr><td>Dienstag</td><td>15:00 Uhr/ 16:00 Uhr/ 17:00 Uhr</td><td></td><td>Sportwelt (Raum 2)</td></tr> <tr><td>Freitag</td><td>14:30 Uhr</td><td></td><td>Sportwelt (Raum 3)</td></tr> <tr><th colspan="4">Rehasport in der Krebsnachsorge</th></tr> <tr><td>Mittwoch</td><td>16:00 Uhr/ 17:00 Uhr</td><td></td><td>Sportwelt (Raum 3)</td></tr> <tr><th colspan="4">Herzsport</th></tr> <tr><td>Montag</td><td>14:30 Uhr</td><td></td><td>Sportwelt (Raum 2)</td></tr> <tr><td>Dienstag</td><td>19:30 Uhr</td><td></td><td>Ulmenstr Turnhalle</td></tr> <tr><td>Mittwoch</td><td>17:00 Uhr/ 18:30 Uhr</td><td></td><td>Ulmenstr Turnhalle</td></tr> <tr><td>Freitag</td><td>16:00 Uhr</td><td></td><td>Ulmenstr Turnhalle</td></tr> <tr><th colspan="4">Rehasport für Kinder - Orthopädie</th></tr> <tr><td>Dienstag</td><td>16:30 Uhr</td><td></td><td>Clubhaus</td></tr> <tr><td>Donnerstag</td><td>16:00 Uhr</td><td></td><td>Sportwelt</td></tr> </table> | Orthopädie | | | | Montag | 08:00 Uhr/ 08:15 Uhr/ 09:00 Uhr/ 09:15 Uhr/ 10:00 Uhr/ 11:00 Uhr/ 11:30 Uhr/ 12:00 Uhr/ 12:30 Uhr/ 14:00 Uhr/ 17:00 Uhr/ 18:00 Uhr/ 18:30 Uhr | | Sportwelt | Dienstag | 08:00 Uhr/ 09:00 Uhr/ 11:15 Uhr/ 12:15 Uhr/ 15:30 Uhr/ 18:15 Uhr/ 19:00 Uhr/ 20:00 Uhr | | Sportwelt und Clubhaus | Mittwoch | 07:45 Uhr/ 08:30 Uhr/ 09:00 Uhr/ 10:00 Uhr/ 11:00 Uhr/ 12:00 Uhr/ 14:15 Uhr/ 15:15 Uhr/ 17:00 Uhr | | Sportwelt | Donnerstag | 08:00 Uhr/ 09:00 Uhr/ 10:15 Uhr/ 11:15 Uhr/ 14:45 Uhr/ 15:45 Uhr/ 17:00 Uhr/ 18:00 Uhr/ 19:00 Uhr/ | | Sportwelt | Freitag | 08:00 Uhr/ 09:00 Uhr/ 10:15 Uhr/ 11:15 Uhr/ 15:00 Uhr/ 16:00 Uhr | | Sportwelt | Lungensport | | | | Dienstag | 15:00 Uhr/ 16:00 Uhr/ 17:00 Uhr | | Sportwelt (Raum 2) | Freitag | 14:30 Uhr | | Sportwelt (Raum 3) | Rehasport in der Krebsnachsorge | | | | Mittwoch | 16:00 Uhr/ 17:00 Uhr | | Sportwelt (Raum 3) | Herzsport | | | | Montag | 14:30 Uhr | | Sportwelt (Raum 2) | Dienstag | 19:30 Uhr | | Ulmenstr Turnhalle | Mittwoch | 17:00 Uhr/ 18:30 Uhr | | Ulmenstr Turnhalle | Freitag | 16:00 Uhr | | Ulmenstr Turnhalle | Rehasport für Kinder - Orthopädie | | | | Dienstag | 16:30 Uhr | | Clubhaus | Donnerstag | 16:00 Uhr | | Sportwelt |
| Mittwoch | 18:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 09:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Samstag | 12:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Montag | 17:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 10:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 17:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 17:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sonntag | 09:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 16:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 16:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Orthopädie | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Montag | 08:00 Uhr/ 08:15 Uhr/ 09:00 Uhr/ 09:15 Uhr/ 10:00 Uhr/ 11:00 Uhr/ 11:30 Uhr/ 12:00 Uhr/ 12:30 Uhr/ 14:00 Uhr/ 17:00 Uhr/ 18:00 Uhr/ 18:30 Uhr | | Sportwelt | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 08:00 Uhr/ 09:00 Uhr/ 11:15 Uhr/ 12:15 Uhr/ 15:30 Uhr/ 18:15 Uhr/ 19:00 Uhr/ 20:00 Uhr | | Sportwelt und Clubhaus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 07:45 Uhr/ 08:30 Uhr/ 09:00 Uhr/ 10:00 Uhr/ 11:00 Uhr/ 12:00 Uhr/ 14:15 Uhr/ 15:15 Uhr/ 17:00 Uhr | | Sportwelt | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 08:00 Uhr/ 09:00 Uhr/ 10:15 Uhr/ 11:15 Uhr/ 14:45 Uhr/ 15:45 Uhr/ 17:00 Uhr/ 18:00 Uhr/ 19:00 Uhr/ | | Sportwelt | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 08:00 Uhr/ 09:00 Uhr/ 10:15 Uhr/ 11:15 Uhr/ 15:00 Uhr/ 16:00 Uhr | | Sportwelt | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lungensport | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 15:00 Uhr/ 16:00 Uhr/ 17:00 Uhr | | Sportwelt (Raum 2) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 14:30 Uhr | | Sportwelt (Raum 3) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rehasport in der Krebsnachsorge | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 16:00 Uhr/ 17:00 Uhr | | Sportwelt (Raum 3) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Herzsport | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Montag | 14:30 Uhr | | Sportwelt (Raum 2) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 19:30 Uhr | | Ulmenstr Turnhalle | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 17:00 Uhr/ 18:30 Uhr | | Ulmenstr Turnhalle | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 16:00 Uhr | | Ulmenstr Turnhalle | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rehasport für Kinder - Orthopädie | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 16:30 Uhr | | Clubhaus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 16:00 Uhr | | Sportwelt | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| JumpFit 1-2 P Ein gelenkschonendes Training auf dem Trampolin zur Ausdauersteigerung, Koordinationsverbesserung und Steigerung der Körperbalance. <table border="1"> <tr><td>Montag</td><td>18:30 Uhr</td></tr> <tr><td>Dienstag</td><td>17:00 Uhr</td></tr> <tr><td>Mittwoch</td><td>19:00 Uhr</td></tr> <tr><td>Freitag</td><td>19:00 Uhr</td></tr> <tr><td>Samstag</td><td>10:00 Uhr</td></tr> <tr><td>Sonntag</td><td>10:30 Uhr</td></tr> </table> | Montag | 18:30 Uhr | Dienstag | 17:00 Uhr | Mittwoch | 19:00 Uhr | Freitag | 19:00 Uhr | Samstag | 10:00 Uhr | Sonntag | 10:30 Uhr | Pound 2-3 P Auspowernde- und abwechslungsreiche Trainingseinheit zu Rock- und Elektromusik mit Drumsticks. Durch rhythmische Bewegungen wird vor allem Oberschenkel, Arme, Bauch, Rücken und Po beansprucht. <table border="1"> <tr><td>Montag</td><td>19:30 Uhr</td></tr> </table> | Montag | 19:30 Uhr | Functional Fitness 2-3 P Eine auspowernde Trainingseinheit im Zirkelformat. Es werden verschiedene Übungen aus Eigengewicht, Kleingeräten oder im Cube ausgeführt. <table border="1"> <tr><td>Dienstag</td><td>19:45 Uhr</td></tr> <tr><td>Donnerstag</td><td>19:45 Uhr</td></tr> </table> | Dienstag | 19:45 Uhr | Donnerstag | 19:45 Uhr | Fit-Mix 2-3 P Ein Ganzkörper-Aerobic-Training mit Langhanteln und Steppern. 90 Minuten <table border="1"> <tr><td>Donnerstag</td><td>19:15 Uhr</td></tr> </table> | Donnerstag | 19:15 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Montag | 18:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 17:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 19:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 19:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Samstag | 10:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sonntag | 10:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Montag | 19:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 19:45 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 19:45 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 19:15 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yoga Kids 1 K Ist eine kindergerechte Übungspraxis die aus Atemtechniken, körperlichen Übungen und Meditation besteht. Ziel ist mehr Flexibilität, Ausdauer, Kraft für ein besseres Körpergefühl. <table border="1"> <tr><td>Dienstag</td><td>17:00 Uhr</td></tr> </table> | Dienstag | 17:00 Uhr | Jumping Kids 1 K Altersgerechte Spiele und Übungen auf dem Trampolin zur Ausdauersteigerung, Verbesserung der Koordination und Körperbalance. <table border="1"> <tr><td>Montag</td><td>16:30 Uhr / 17:30 Uhr</td></tr> <tr><td>Freitag</td><td>17:00 Uhr</td></tr> </table> | Montag | 16:30 Uhr / 17:30 Uhr | Freitag | 17:00 Uhr | Dancing Kid 6J.-10 J. & 11J.-15J. 1 K Tanzkurs für Kinder. Mit Spielen und Übungen werden tänzerische Grundschritte und Körperbalance zur Hip Hop- Inspirierten Musik erlernt. <table border="1"> <tr><td>Montag (11-15J.)</td><td>16:30 Uhr</td></tr> <tr><td>Dienstag (6-10J.)</td><td>16:00 Uhr</td></tr> </table> | Montag (11-15J.) | 16:30 Uhr | Dienstag (6-10J.) | 16:00 Uhr | P Powerkurs T Tanzform F Fitness E Entspannung R Rehasport K Kinderkurse | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 17:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Montag | 16:30 Uhr / 17:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 17:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Montag (11-15J.) | 16:30 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag (6-10J.) | 16:00 Uhr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Beitragsstruktur des OSC 04 Rheinhausen e.V.

| Vereinsbeitrag/ Monat | |
|-----------------------|--------------|
| 14,50 € ERW | 12,50 € KIND |

Abteilungsbeitrag/Monat

| Sportwelt | | Badminton | Fußball | Leichtathletik | Schach | Shaolin Kempo | Skigym | Turnen | Tanzsport | Reha | Handball |
|--|----------------|-----------|----------|----------------|----------|---------------|--------|----------|-----------|--------|----------|
| ERW | KIND | ERW/KIND | ERW/KIND | ERW/KIND | ERW/KIND | ERW/KIND | ERW | ERW/KIND | KIND | ERW | ERW/KIND |
| 18 € Bronze | 8 € | 2,50 € | 1,30 € | 1,67 € | 1,00 € | 6,33 € | 0,33 € | 1,00 € | 0,00 € | 0,00 € | 0,00 € |
| 16 € Bronze erm. | 6 € (2te Kind) | | | | | | | | | | |
| 23 € Silber | Jugendliche | | | | | | | | | | |
| 21 € Silber erm. | 15 € | | | | | | | | | | |
| 27 € Gold | | | | | | | | | | | |
| 25 € Gold erm. | | | | | | | | | | | |
| Ermäßigter Tarif für Ehepartner, Schüler, Studenten, Auszubildende | | | | | | | | | | | |

Monatlicher Beitrag