



Park Bad - Parkstr.21, 42549 Velbert
 Grundschule Nierenhof - Balkhauserweg, 42555 Velbert
 Loco Danza - Friedrichstr. 83- Ecke Schulstr., 42551 Velbert
 Heljenbad - Selbeckerstr. 12, 42579 Heiligenhaus
 EMKA Sportzentrum - Am Sportzentrum 1 42551 Velbert

Ansprechpartner:
 Matthias Bäcker - Tel: 0157 / 834 254 24
 Ana-Maria Fiedler - Tel: 0177 / 61 21 884



Montag				Dienstag				Mittwoch					
Grundschule Nierenhof	Loco Danza	Online-Kurse		Parkbad	Grundschule Nierenhof	Loco Danza	EMKA Sportzentrum		Parkbad	Heljensbad	Loco Danza	Online-Kurse Outdoor-Kurse	
08:00			08:00					08:00					08:00
08:30	Reha Rücken 08:00-08:45		08:30	Aqua Fitness 08:30 - 09:15				08:30					08:30
09:00	Reha Rücken 09:15-10:00		09:00					09:00				Herzsport 9:00- 10:00	09:00
09:30			09:30					09:30				Herzsport 9:00- 10:00	09:30
10:00	Reha Rücken 10:30-11:15	Rücken 10:00 - 10:45	10:00	Aqua Fitness 10:15 - 11:00				10:00	Aqua Fitness 10:00 - 10:45			Herzsport 10:30-11:30	10:00
10:30			10:30		Pilates 10:45- 11:45	Herzsport 10:30-11:20		10:30					10:30
11:00	Entspannter Rücken 11:45-12:30		11:00	Aqua-Fitness 11:15 - 12:00				11:00			Reha Rücken 12:00-12:45		11:00
11:30			11:30		Reha Rücken 12:15-13:00	Herzsport 11:30-12:20		11:30			Reha Rücken 13:15-14:00		11:30
12:00			12:00					12:00					12:00
12:30			12:30				Herzsport 12:30-13:20	12:30					12:30
13:00			13:00					13:00					13:00
13:30			13:30					13:30					13:30
14:00			14:00					14:00					14:00
14:30			14:30					14:30					14:30
15:00			15:00					15:00		Aqua Fitness 15:45 - 16:30			15:00
15:30			15:30					15:30					15:30
16:00			16:00					16:00		Aqua Fitness 16:45 - 17:30			16:00
16:30			16:30			Step 16:30-17:25		16:30					16:30
17:00	Aqua Fitness 17:10 - 17:55	Step I- II 17:30-18:15	17:00			Body Workout 17:35-18:30		17:00		Aqua Fitness 17:45 - 18:30		Outdoor-Pilates 17:30 - 18:15	17:00
17:30			17:30					17:30			Hot Iron 17:30-18:15	Pilates 17:30-18:15	17:30
18:00	Aqua Fitness 18:10 - 18:55	Iron Cross 18:30-19:15	18:00					18:00					18:00
18:30			18:30			Step 18:45- 19:40	Indoor Cycling 19:30-20:30	18:30			Reha Rücken 18:45-19:30		18:30
19:00	Aqua Fitness 19:10 - 19:55	Reha-Rücken 19:45-20:30	19:00					19:00				(nur bei Regen)	19:00
19:30			19:30			Reha Rücken 20:00- 20:45		19:30	Aqua Fitness 20:15 - 21:00				19:30
20:00			20:00					20:00					20:00
20:30			20:30					20:30					20:30
<i>Ziel Spass</i>				Rehasport	Outdoor	Privat	<i>Ziel Spass</i>						



Neueröffnung Pro Vita Concept !!!
 mit Ana-Maria Fiedler
 voraussichtlich ab dem 01.01.2021
 Heiligenhauserstr. 1-5, 42549 Velbert



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Donnerstag					Freitag			
Parkbad	Grundschule Nierenhof	Loco Danza	EMKA Sportzentrum	Online-Kurse Outdoor-Kurse	Grundschule Nierenhof	Parkbad	Loco Danza	
08:00					08:00	Aqua Fitness		08:00
08:30					08:30	08:45 - 09:30		08:30
09:00	Aqua Fitness	Reha Rücken			09:00	Aqua Fitness	Reha Rücken	09:00
09:30	09:15 - 10:00	9:00- 09:45			09:30	09:45 - 10:30	09:00-09:45	09:30
10:00	Aqua Fitness	10:15-11:00			10:00	Aqua Fitness	Reha Rücken	10:00
10:30	10:15 - 11:00	Reha Rücken			10:30	10:45 - 11:30	10:15-11:00	10:30
11:00					11:00		Reha Rücken	11:00
11:30			Herzsport		11:30		11:30-12:15	11:30
12:00			11:30-12:20		12:00			12:00
12:30			Herzsport		12:30			12:30
13:00			12:30 -13:15		13:00			13:00
13:30					13:30			13:30
14:00					14:00			14:00
14:30					14:30			14:30
15:00					15:00			15:00
15:30					15:30			15:30
16:00					16:00			16:00
16:30		Reha Rücken	Herzsport		16:30			16:30
17:00		16:45-17:30	17:30-18:15		17:00			17:00
17:30		Rücken Workout	Herzsport		17:30		Hot Iron	17:30
18:00		18:00- 18:45	18:30-19:15		18:00		17:30-18:15	18:00
18:30			Indoor Cycling		18:30		Reha-Rücken	18:30
19:00			19:00-20:00	Nordic Walking	19:00		18:45-19:30	19:00
19:30				19:15 - 20:00	19:30			19:30
20:00					20:00	Aqua Fitness		20:00
20:30					20:30	20:15-21:00		20:30
<i>Viel Spass</i>			Rehasport	Outdoor	Aqua	Privat	Herzsport	



Neueröffnung Pro Vita Concept!!!
 mit Ana-Maria Fiedler
 voraussichtlich ab dem 01.01.2021
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