

| VfL Lüneburg e.V. - Studioraum                                              |                                                                   |                                                                                                                                   |                                                                                                                                                                                                                                                              |                                                                                        |                                                                                                               |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| Montag                                                                      | Dienstag                                                          | Mittwoch                                                                                                                          | Donnerstag                                                                                                                                                                                                                                                   | Freitag                                                                                | Weekend                                                                                                       |
| Am Grasweg                                                                  | Am Grasweg                                                        | Am Grasweg                                                                                                                        | Am Grasweg                                                                                                                                                                                                                                                   | Am Grasweg                                                                             | Am Grasweg                                                                                                    |
| <b>08.30 – 9.30</b><br><u>Functional Fitness Zirkel</u> ●<br>Sabine Schulte | <b>8.30 – 9.30</b><br><u>WS-Gym</u><br>Gesa Kröowski              | <b>10.00 – 10.50</b><br><u>Reha WS Gym</u> ●<br>Jean-Jaques Rolin                                                                 |                                                                                                                                                                                                                                                              | <b>9.00 – 10.00</b><br><u>Reha WS Gym</u> ●<br>Maike Krüger                            |                                                                                                               |
| <b>10.00 – 11.00</b><br><u>Pilates meets Yoga</u> ●<br>Birgit Kerber-Schulz | <b>9.00 – 10.30</b><br><u>Krabbelgruppe</u> ●<br>Sabine Schulte   | <b>11.00 – 12.00</b><br><u>Reha Hocker Gym</u> ●<br>Jean-Jaques Rolin                                                             | <b>10.00 – 11.00</b><br><u>Pilates meets Yoga</u> ●<br>Birgit Kerber-Schulz                                                                                                                                                                                  | <b>10.00 – 11.00</b><br><u>Gefäßtraining</u> ●<br>Maike Krüger                         |                                                                                                               |
| <b>11.00 – 12.00</b><br><u>Reha-Gym</u> ●<br>Andrea Griebel                 | <b>9.30 – 10.30</b><br><u>WS-Gym</u><br>Gesa Kröowski             | <b>15.30 – 17.00</b><br><u>Spielkreis</u> ●<br>Sabine Schulte                                                                     | <b>10.00 – 11.30</b><br><u>Krabbelgruppe</u> ●<br>Sabine Schulte                                                                                                                                                                                             |                                                                                        |                                                                                                               |
| <b>12.00 – 13.00</b><br><u>Reha-Gym</u> ●<br>Andrea Griebel                 |                                                                   |                                                                                                                                   | <b>11.00 – 12.00</b><br><u>Reha-Gym</u> ●<br>Janine Marsand                                                                                                                                                                                                  |                                                                                        |                                                                                                               |
|                                                                             |                                                                   |                                                                                                                                   | <b>12.00 – 13.00</b><br><u>Reha-Gym</u> ●<br>Janine Marsand                                                                                                                                                                                                  |                                                                                        | <b>Sonntags 10.30 – 11.30</b><br><u>Zumba</u> ●<br>Iris Schönberg                                             |
|                                                                             |                                                                   | <b>16.30 – 17.30</b><br><u>Reha - Gym</u> ●<br>Regina Schröder                                                                    | <b>13.30 – 18.00</b><br><u>Seniorentreff</u> ●<br>(ungerade Wochen)<br>Rita Meyer                                                                                                                                                                            |                                                                                        |                                                                                                               |
|                                                                             | <b>16.45 – 17.45 Uhr</b><br><u>Reha -Gym</u> ●<br>Britta Birckner | <b>17.30 – 18.30</b><br><u>Reha -Gym</u> ●<br>Regina Schröder                                                                     | <b>14.30 – 17.30</b><br><u>Spieletreff</u> ●<br>(gerade Wochen)<br>Rita Meyer                                                                                                                                                                                | <b>17.30 – 18.30</b><br><u>Zumba</u> ●<br>Iris Schönberg                               |                                                                                                               |
| <b>18.00 – 19.00</b><br><u>Iaido</u> ●<br>Ulrich Bachmann                   | <b>18.00 – 19.00 Uhr</b><br><u>Reha -Gym</u> ●<br>Britta Birckner | <b>18.00 – 19.00</b><br><u>Iaido</u> ●<br>Ulrich Bachmann                                                                         | <b>16.30 – 17.30</b><br><u>Reha-Gym</u> ●<br>Andrea Griebel                                                                                                                                                                                                  |                                                                                        |                                                                                                               |
| <b>19.00 – 20.00</b><br><u>Pilates</u> ●<br>Ann-Katrin Pohl                 | <b>18.45 – 19.45 Uhr</b><br><u>Yoga</u> ● ●<br>Sonja Radke        | <b>18.30 – 19.30</b><br><u>Reha - Gym</u> ●<br>Regina Schröder                                                                    | <b>17.30 – 18.30</b><br><u>Reha-Gym</u> ●<br>Andrea Griebel                                                                                                                                                                                                  | <b>19.15 – 20.45</b><br><u>Giron Arnis Escrima</u><br><u>Jörn Bergmann</u>             |                                                                                                               |
| <b>20.00 – 21.00</b><br><u>Reha Gym</u> ●<br>Franziska Greve                |                                                                   | <b>20.15 – 21.15</b><br><u>Reha - Gym</u> ●<br>Stefan Wissinger                                                                   | <b>19.00 – 20.00</b><br><u>Pilates</u> ●<br>Ann-Katrin Pohl                                                                                                                                                                                                  |                                                                                        |                                                                                                               |
| <b>LEGENDE</b><br>● Seminarraum<br>● Frauen Fit                             | ● Kursprogramm<br>● Reha-Kurse                                    | Zusätzliche Kursangebote<br>finden Sie auf unserer<br>Homepage:<br><a href="http://www.vfl-lueneburg.de">www.vfl-lueneburg.de</a> | <b>Geschäftsstelle</b><br>Mo. – Fr. 9.00 – 13.00 Uhr<br>Mi. 9.00 – 17.00 Uhr<br>Telefon 04131 / 7490-00<br><br><b>Vital-Studio</b><br>Mo. & Fr. 07.30 – 21.00 Uhr<br>Di. bis Do. 08.30 – 21.00 Uhr<br>Sa. & So. 10.00 – 16.00 Uhr<br>Telefon 04131 / 7490-30 | <b>Studioraum, Seminarraum &amp; Vital-Center</b><br><br>Am Grasweg 27, 21339 Lüneburg | Stand 19.08.2025<br><br> |