

| 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>Functional Fitness Zirkel <br>Sabine Schulte                                                            | <b>8.30 – 9.30</b><br>„active & fit“<br>Gesa Kröowski                                                                                                                                                                   | <b>10.00 – 10.50</b><br>Reha WS Gym <br>Jean-Jaques Rolin     | <b>10.00 – 11.00</b><br>Pilates meets Yoga <br>Birgit Kerber-Schulz                                                                                                           | <b>9.00 – 10.00</b><br>Reha WS Gym <br>Maike Krüger    |                                                                                                                                              |
| <b>09.45 – 10.45</b><br>Pilates meets Yoga <br>Birgit Kerber-Schulz                                                            | <b>10.00 – 11.30</b><br>Krabbelgruppe <br>Sabine Schulte                                                                               | <b>11.00 – 12.00</b><br>Reha Hocker Gym <br>Jean-Jaques Rolin | <b>10.00 – 11.30</b><br>Krabbelgruppe <br>Sabine Schulte                                                                                                                      | <b>10.00 – 11.00</b><br>Gefäßtraining <br>Maike Krüger |                                                                                                                                              |
| <b>11.00 – 12.00</b><br>Reha-Gym <br>Andrea Griebel                                                                            | <b>9.30 – 10.30</b><br>Rücken in Balance<br>Gesa Kröowski                                                                                                                                                               |                                                                                                                                                  | <b>11.00 – 12.00</b><br>Reha Gym <br>Raphael Dettmer                                                                                                                          |                                                                                                                                           |                                                                                                                                              |
| <b>12.00 – 13.00</b><br>Reha-Gym <br>Andrea Griebel                                                                            |                                                                                                                                                                                                                         |                                                                                                                                                  | <b>12.00 – 13.00</b><br>Reha-Gym <br>Raphael Dettmer                                                                                                                          |                                                                                                                                           |                                                                                                                                              |
|                                                                                                                                                                                                                 |                                                                                                                                                                                                                         |                                                                                                                                                  | <b>13.30 – 18.00</b><br>Seniorentreff <br>(ungerade Wochen)<br>Rita Meyer                                                                                                     |                                                                                                                                           | <b>Sonntags 10.30 – 11.30</b><br>Zumba <br>Iris Schönberg |
|                                                                                                                                                                                                                 |                                                                                                                                                                                                                         | <b>15.30 – 17.00</b><br>Spielkreis <br>Sabine Schulte         | <b>14.30 – 17.30</b><br>Spieletreff <br>(gerade Wochen)<br>Rita Meyer                                                                                                         |                                                                                                                                           |                                                                                                                                              |
| <b>17.00 – 18.00 Uhr</b><br>Reha Gym <br>Reha Team                                                                           | <b>16.45 – 17.45 Uhr</b><br>Reha Gym <br>Britta Birckner                                                                             | <b>16.30 – 17.30</b><br>Reha Gym<br>Regina Schröder                                                                                              |                                                                                                                                                                                                                                                                  | <b>17.30 – 18.30</b><br>Zumba <br>Iris Schönberg     |                                                                                                                                              |
| <b>18.00 – 19.00</b><br>Tabata <br>Patrick Hotau                                                                             | <b>18.00 – 19.00 Uhr</b><br>Reha Gym <br>Britta Birckner                                                                             | <b>17.30 – 18.30</b><br>Reha Gym<br>Regina Schröder                                                                                              | <b>16.30 – 17.30</b> <br>Reha Gym<br>Andrea Griebel                                                                                                                         |                                                                                                                                           |                                                                                                                                              |
| <b>19.00 – 20.00</b><br>Pilates <br>Ann-Katrin Pohl                                                                          | <b>18.45 – 19.45 Uhr</b><br>Yoga  <br>Sonja Radke | <b>18.30 – 19.30</b><br>Reha Gym<br>Regina Schröder                                                                                              | <b>17.30 – 18.30</b><br>Reha Gym <br>Andrea Griebel                                                                                                                         |                                                                                                                                           |                                                                                                                                              |
| <b>20.00 – 21.00</b><br>Reha Gym <br>Franziska Greve                                                                         |                                                                                                                                                                                                                         |                                                                                                                                                  | <b>19.00 – 20.00</b><br>Pilates <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>www.vfl-lueneburg.de                                                          | <b>Geschäftsstelle</b><br>Mo., Di., Do. 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 30.10.2026<br>                                    |