

| Reha-Sport-Gemeinschaft Hatten e.V. - Sportgruppen Wochenübersicht                                                                          |                                                                                                                                       |          |  |          |  |                                                                                                                                            | 12. Mai 2025 |         |                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                 |                                                                                                                                            |                                                                                                                                              |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                                                                                                                                                                          |                                                                                                                          |                               |
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| Montag                                                                                                                                      |                                                                                                                                       | Dienstag |  | Mittwoch |  | Donnerstag                                                                                                                                 |              | Freitag |                                                                                                                                                                                                                                                                                                                                                                                                                                 | Samstag                                                                                                                                                                                         |                                                                                                                                            |                                                                                                                                              |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                                                                                                                                                                          |                                                                                                                          |                               |
|                                                                                                                                             |                                                                                                                                       |          |  |          |  | <div>Senioren-<br/>Gym</div> <div>09.00 - 10.00 T09</div> <div>Tabea Zurhelle</div> <div>Gemeindesaal</div> <div>Ev. Kirche Sandkrug</div> |              |         |                                                                                                                                                                                                                                                                                                                                                                                                                                 | <div>Wassergymnastik</div> <div>07.30 - 08.20 W10</div> <div>Tabea Zurhelle</div> <div>08.20 - 09.10 W11</div> <div>Tabea Zurhelle</div> <div>09.10 - 10.00 W12</div> <div>Tabea Zurhelle</div> | <div>Hallenbad Sandkrug</div>                                                                                                              |                                                                                                                                              |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                                                                                                                                                                          |                                                                                                                          |                               |
| <div>Nord-<br/>Walking</div> <div>09.30 - 10.30 T15</div> <div>Stephan Schulte</div> <div>Parkpl. Barneführerholz</div> <div>Sandkrug</div> | <div>Yoga</div> <div>11.00 - 13.00 T11</div> <div>Nicole Witte</div> <div>Sportzentrum Sandkrug</div> <div>1.OG Gro0er Kursraum</div> |          |  |          |  |                                                                                                                                            |              |         |                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                 |                                                                                                                                            |                                                                                                                                              |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                                                                                                                                                                          |                                                                                                                          |                               |
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|                                                                                                                                             |                                                                                                                                       |          |  |          |  | <div>Gymnastik</div> <div>14.30 - 15.30 T05</div> <div>Tabea Zurhelle</div> <div>Sporthalle</div> <div>Grundschule Sandkrug</div>          |              |         | <div>Wassergymnastik</div> <div>16.30 - 17.30 W13</div> <div>HH Siemers</div> <div>17.30 - 18.15 W06</div> <div>Stephan Schulte</div> <div>18.15 - 19.00 W07</div> <div>Stephan Schulte</div> <div>19.00 - 19.45 W08</div> <div>Christine Michels</div> <div>19.45 - 20.30 W09</div> <div>Christine Michels</div> <div>20.30 - 21.15 W15</div> <div>Margot Siemers</div> <div>21.15 - 22.00 W16</div> <div>Margot Siemers</div> |                                                                                                                                                                                                 |                                                                                                                                            |                                                                                                                                              |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                                                                                                                                                                          |                                                                                                                          |                               |
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|                                                                                                                                             |                                                                                                                                       |          |  |          |  | <div>Pilates</div> <div>17.00 - 18.00 T12</div> <div>Tabea Zurhelle</div> <div>18.00 - 19.00 T13</div> <div>Tabea Zurhelle</div>           |              |         |                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                 |                                                                                                                                            |                                                                                                                                              |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                                                                                                                                                                          | <div>Gymnastik</div> <div>18.30 - 19.30 T04</div> <div>Margot Siemers</div> <div>Sporthalle</div> <div>Kirchhatten</div> | <div>Hallenbad Sandkrug</div> |
|                                                                                                                                             |                                                                                                                                       |          |  |          |  |                                                                                                                                            |              |         |                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                 | Grundschule Sandkg Musikraum                                                                                                               |                                                                                                                                              |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                                                                                                                                                                          |                                                                                                                          |                               |
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