

# VfL

## Fitnessraum / Reha - Funktionstraining Sommerferien 2022

| Do 14.7        | Fr 15.7        | Mo 18.7           | Di 19.7         | Mi. 20.7       | Do 21.7        | Fr. 22.7               | Mo 25.7 |
|----------------|----------------|-------------------|-----------------|----------------|----------------|------------------------|---------|
| normale Zeiten | normale Zeiten |                   | 9:00 - 9:45     | 9:00 - 10:30   |                | 9:15 - 10:15           |         |
|                | morgens Axel   | 9:15 - 10:00      | Reha/Gymraum    | Fitnessr./Axel | 10:00-12:00    | Fitnessr./ Ak          |         |
|                | abends Uwe     | Reha/Gymraum      | Brigitte        |                | Fitnessr./Ute  |                        |         |
|                |                | Margret           | 10:00-12:00     |                |                |                        |         |
|                |                | 16:45 - 17:30     | Fitnessr./Ute   | 16:15 - 17:00  |                | 16:00 - 16:45          |         |
|                |                | Reha/Gymraum      | 16:30-17:15     | Reha/Gymraum   |                | Reha/Fitnessr./ Ute H. |         |
|                |                | Margret           | Reha/Gymraum    | Margret        |                |                        |         |
|                |                | 17:30 - 19:00     | Brigitte        |                |                | 17:00 - 17:45          |         |
|                |                | Fitnessraum/ Axel |                 |                |                | Reha/Fitnessr./Axel    |         |
|                |                |                   | 18:30 - 19:30   |                | 18:30 - 19:30  | 17:45-18:45            |         |
|                |                |                   | Fitnessr./ Gerd |                | Fitnessr. Gerd | Fitnessr./Axel         |         |
|                |                |                   |                 |                |                |                        |         |
| Di. 26.7       | Mi 27.7        | Do. 28.7          | Fr 29.7         | 1. - 5.8       | Mo 8.8         | Di 9.8                 | Mi 10.8 |
| 9:00 - 9:45    |                | 9:00 - 9:45       |                 | kein Training  |                | 9:00 - 9:45            |         |
| Reha/Gymraum   |                | Reha/Gymraum      |                 |                |                | Reha/Gymraum           |         |
| Gerd           |                | Gerd              |                 |                |                | Gerd                   |         |
| 10:00 - 11:00  |                | 10:00 - 11:00     |                 |                |                | 10:00 - 11:00          |         |
| Fitnessr./Gerd |                | Fitnessr./Gerd    |                 |                |                | Fitnessr./Gerd         |         |
|                |                |                   |                 |                |                |                        |         |
|                |                |                   |                 |                |                |                        |         |
|                |                |                   |                 |                |                |                        |         |
|                |                |                   |                 |                |                |                        |         |
| 17:30 - 18:15  |                |                   |                 |                |                | 17:30 - 18:15          |         |
| Reha/Gymraum   |                |                   |                 |                |                | Reha/Gymraum           |         |
| Gerd           |                | 18:30 - 19:30     |                 |                |                | Gerd                   |         |
|                |                | Fitnessr./Gerd    |                 |                |                |                        |         |

**VfL**  
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**Sommerferien 2022**

| <b>Do 11.8</b>  | <b>Fr 12.8</b> | <b>Mo. 15.8</b> | <b>Di 16.8</b>      | <b>Mi 17.8</b> | <b>Do 18.8</b> | <b>Fr 19.8</b> | <b>Mo 22.8</b>   |
|-----------------|----------------|-----------------|---------------------|----------------|----------------|----------------|------------------|
| 9:00 - 9:45     |                | 9:15 - 10:00    | 9:00 - 9:45         | 9:00 - 10:30   |                | 9:15 - 10:15   | Normaler Betrieb |
| Reha/Gymr./Gerd |                | Reha/Gymr.      | Reha Gymr./Brigitt  | Fitnessr./Axel |                | Fitnessr. Axel |                  |
| 10:00 - 11:00   |                | Margret         | 10:00-12:00         |                | 10:00-12:00    |                |                  |
| Fitnessr./Gerd  |                |                 | Fitnessr./Ute       |                | Fitnessr./Ute  |                |                  |
|                 |                | 16:45 - 17:30   | 16:30 - 17:15       | 16:15 - 17:00  |                | 16:00 - 16:45  |                  |
|                 |                | Reha/Gymr.      | Reha Gymr./ Brigitt | Ws-Reha/Gymr.  |                | Reha/Fitnessr. |                  |
|                 |                | Margret         |                     | M. Lassel      |                | Ute H.         |                  |
|                 |                | 17:30 - 19:00   |                     |                |                |                |                  |
|                 |                | Fitnessr./Axel  |                     |                |                | 17:00- 17:45   |                  |
| 18:30 - 19:30   |                |                 | 18:30 - 19:30       |                | 18:30 - 19:30  | Reha/Fitnessr. |                  |
| Fitnessr./Gerd  |                |                 | Fitnessr. Gerd      |                | Fitnessr. Gerd | Axel           |                  |
|                 |                |                 |                     |                |                | 17:45 - 18:45  |                  |
|                 |                |                 |                     |                |                | Reha/Fitnessr. |                  |
|                 |                |                 |                     |                |                | Axel           |                  |