

Kursplan ChemnitzVital

| Zeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|-------|---|----------|-------------------------------|---|---|
| 08:30 | | | | | |
| 09:00 | | | WS-Gymnastik 09:00 - 10:00 | | WS-Gymnastik 09:00 - 10:00 |
| 09:30 | | | | | |
| 10:00 | | | Seniorenport 10:00 - 11:00 | | Muskel- & Gelenkgymnastik 10:00 - 11:00 |
| 10:30 | | | | | |
| 11:00 | | | WS-Gymnastik 11:00 - 12:00 | | WS-Gymnastik 11:00 - 12:00 |
| 11:30 | | | | | |
| 12:00 | | | | | |
| 12:30 | WS-Gymnastik 12:30 - 13:30 | | | | |
| 13:00 | | | | | |
| 13:30 | | | | | |
| 14:00 | Muskel- & Gelenkgymnastik 14:00 - 15:00 | | | | |
| 14:30 | | | | | WS-Gymnastik 14:30 - 15:30 |
| 15:00 | WS-Gymnastik 15:00 - 16:00 | | | | |
| 15:30 | | | | WS-Gymnastik 15:30 - 16:30 | |
| 16:00 | WS-Gymnastik 16:00 - 17:00 | | | | |
| 16:30 | | | | KidsAktiv Sport für Kinder zw. 2 & 4 Jahren 16:30 - 17:30 | |
| 17:00 | WS-Gymnastik 17:00 - 18:00 | | | WS-Gymnastik 17:00 - 18:00 | |
| 17:30 | | | | | |
| 18:00 | Rückenschule 18:00 - 19:00 | | SP Rücken 17:30 - 19:30 | WS-Gymnastik 18:00 - 19:00 | |
| 18:30 | | | | | |
| 19:00 | | | | | Rehasport |
| 19:30 | | | | | Prävention |
| 20:00 | | | | | |
| 20:30 | | | | | |
| 21:00 | | | | | |