

# Kursübersicht 2026

|       | Montag          |  | Dienstag                                           |  | Mittwoch                      |  | Donnerstag                                                 |  | Freitag                                                                                                                                                                           |  |
|-------|-----------------|--|----------------------------------------------------|--|-------------------------------|--|------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 08:30 |                 |  | Pilates                                            |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 09:00 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 09:30 |                 |  | 09:45 – 10:45 Uhr<br>Präventives<br>Rückentraining |  | Seniorfit                     |  |                                                            |  |                                                                                                                                                                                   |  |
| 10:00 |                 |  |                                                    |  |                               |  |                                                            |  | Pilates                                                                                                                                                                           |  |
| 10:30 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 11:00 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 11:30 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 12:00 | Herzsportgruppe |  |                                                    |  | Herzsportgruppe               |  |                                                            |  | Herzsportgruppe                                                                                                                                                                   |  |
| 12:30 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 13:00 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 13:30 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 14:00 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 14:30 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 15:00 |                 |  |                                                    |  | Rückenschule                  |  |                                                            |  |                                                                                                                                                                                   |  |
| 15:30 |                 |  |                                                    |  |                               |  | Sekundärprävention<br>Rückenschule<br>(vom Arzt verordnet) |  |                                                                                                                                                                                   |  |
| 16:00 |                 |  | Präventives<br>Rückentraining                      |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 16:30 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 17:00 | Pilates         |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 17:30 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |
| 18:00 | Pilates         |  |                                                    |  | Präventives<br>Rückentraining |  |                                                            |  |  <b>Physio Ergotherapie</b><br>SERVICE GÖRLITZ GMBH<br>am Städtischen Klinikum Görlitz gGmbH |  |
| 18:30 |                 |  |                                                    |  |                               |  |                                                            |  |                                                                                                                                                                                   |  |