

Oversigt over vores hold i uge 28-31 2024



FYSIO

D A N M A R K

AALBORG • HASSERIS • NØRRESUNDBY

Arkaden Mandag

	Holdsal 1	Holdsal 2	Holdsal 3	Træningssalen	Cardioområdet
7:30					
8:00					
8:30	Knæhold niv.2 8:30-9:25				
9:00					GLAD cardio 9:00-9:25
9:30	Pilates 9:30-10:25			GLAD styrke 9:30-9:55	
10:00					
10:30					
11:00	Neuro1 11:00-11:55				
11:30					
12:00					
12:30	Rehab knæ/ hofte/ankel 12:30-13:25			Rehab knæ/ hofte/ankel 12:30-13:25	
13:00					
13:30					
14:00					
14:30					
15:00		GLAD knæ/ hofte 15:00-15:55			
15:30					
16:00	Ryghold 2 16:00-16:55	Pilates 16:00-16:55		Rehab skulder 16:00-16:55	
16:30					
17:00			GLAD RYG 17:00-17:55	Rehab neuro 17:00-17:55	
17:30					
18:00					

Mandag

	Hasseris	Andet
7:30		
8:00		
8:30		
9:00		
9:30	Rehab neuro 9:30-10:25	
10:00		
10:30		
11:00		
11:30		
12:00		
12:30		
13:00		
13:30		
14:00		
14:30		
15:00		
15:30		
16:00		
16:30		
17:00		
17:30		
18:00		

Arkaden Tirsdag

	Holdsal 1	Holdsal 2	Holdsal 3	Træningssalen	Cardioområdet
7:30				Early Bird 6:30-7:55	Early Bird 6:30-7:55
8:00					
8:30					
9:00		GLAD knæ/hofte 9:00-9:55			
9:30					
10:00	Sund senior 10:00-10:55				
10:30					
11:00	Rehab neuro 11:00-11:55			Rehab neuro 11:00-11:55	
11:30					
12:00					
12:30	Rehab knæ/ hofte/ankel 12:30-13:25			Rehab knæ/ hofte/ankel 12:30-13:25	
13:00					
13:30					
14:00					
14:30					
15:00					
15:30	Rehab knæ/ hofte/ankel 15:30-16:25	GLAD knæ/hofte 15:30-16:25	GLAD knæ/hofte 15:30-16:25	Rehab knæ/ hofte/ankel 15:30-16:25	
16:00					
16:30	Knæhold 1+2 16:30-17:25	Ryghold niv. 2 16:30-17:25	Neuro niv. 2 Thomas 16:30-17:25		Knæhold 2 16:30-16:45
17:00					Cardio + styrke 17:00-17:30
17:30		Cardio + styrke 17:30-17:55			
18:00					

Tirsdag

	Hasseris	Andet
7:30		
8:00		
8:30		
9:00	Rehab knøe/hofte/ankel 9:00-9:55	
9:30		
10:00		
10:30		
11:00		
11:30		
12:00		
12:30		
13:00		
13:30		
14:00		
14:30		
15:00		
15:30		
16:00		
16:30		
17:00		
17:30		
18:00		

Arkaden Onsdag

	Holdsal 1	Holdsal 2	Holdsal 3	Træningssalen	Cardioområdet
7:30					
8:00					
8:30					
9:00					
9:30					
10:00	Pilates 10:00-10:55				
10:30					
11:00		GLAD knæ/hofte 11:00-11:55		Rehab neuro 11:00-11:55	
11:30					
12:00					
12:30					
13:00					
13:30					
14:00					
14:30					
15:00	Yoga 15:00-15:55			Rehab neuro 15:00-15:55	
15:30					
16:00	Pilates 16:00-16:55				
16:30					
17:00	Ryghold + Rehab ryg 17:00-17:55				
17:30					
18:00					

Onsdag

	Hasseris	Andet
7:30		
8:00		
8:30		
9:00		
9:30		
10:00		
10:30	Neurohold 10:30-11:25	
11:00		
11:30		
12:00		
12:30		
13:00		
13:30		
14:00		
14:30		
15:00		
15:30		
16:00		
16:30		
17:00		
17:30		
18:00		

Arkaden Torsdag

	Holdsal 1	Holdsal 2	Holdsal 3	Træningssalen	Cardioområdet
7:30					
8:00					
8:30					
9:00					
9:30					
10:00	Sund senior 10:00-10:55			Rehab neuro 10:00-10:55	
10:30					
11:00					GLAD cardio 11:00-11:25
11:30	GLAD 1 knæ/hofte 11:30-12:25				GLAD 1 knæ/hofte 11:30-12:25
12:00		GLAD knæ/hofte 12:00-12:55			
12:30	Rehab knæ/ hofte/ankel 12:30-13:25			Rehab knæ/ hofte/ankel 12:30-13:25	
13:00					
13:30					
14:00					
14:30					
15:00	Rehab knæ/ hofte/ankel 15:00-15:55			Rehab knæ/ hofte/ankel 15:00-15:55	Neuro cardio 15:00-15:25
15:30					
16:00	GLAD Ryg 16:00-16:55	GLAD knæ/hofte 16:00-16:55			
16:30					
17:00	Knæhold 1+2 17:00-17:55	Cardio+styrke 17:00-17:55			Cardio + styrke
17:30					
18:00					

Torsdag

	Hasseris	Andet
7:30		
8:00		
8:30		
9:00		
9:30		
10:00		
10:30		
11:00		
11:30		
12:00		
12:30		
13:00		
13:30	Rehab hofte/kn�e/ankel 13:30-14:25	
14:00		
14:30		
15:00		
15:30		
16:00		
16:30		
17:00		
17:30		
18:00		

Arkaden Fredag

	Holdsal 1	Holdsal 2	Holdsal 3	Træningssalen	Cardioområdet
7:30					
8:00					
8:30					
9:00		GLAD knæ/ høfte 9:00-9:55			
9:30					
10:00	Pilates 10:00-10:55			Rehab neuro 10:00-10:55	
10:30					
11:00					
11:30					
12:00					
12:30					
13:00					
13:30					
14:00					
14:30					
15:00					
15:30					
16:00					
16:30					
17:00					
17:30					
18:00					

Fredag

	Hasseris	Andet
7:30		
8:00		
8:30		
9:00		
9:30		
10:00	Neuro 10:00-10:55	
10:30		
11:00		
11:30		
12:00		
12:30		
13:00		
13:30		
14:00		
14:30		
15:00		
15:30		
16:00		
16:30		
17:00		
17:30		
18:00		

Åbningstider

Kennedy Arkaden

Mandag	07:15-18:00
Tirsdag	07:15-18:00
Onsdag	07:15-18:00
Torsdag	07:15-18:00
Fredag	07:15-16:00

Hasseris

Mandag	08:00-16:00
Tirsdag	08:00-16:00
Onsdag	08:00-16:00
Torsdag	08:00-16:00
Fredag	08:00-14:00

FysioDanmark Aalborg

J.F. Kennedys Plads 1R, 4. sal
9000 Aalborg

FysioDanmark Hasseris

Skelagervej 379A, 1. sal
9000 Aalborg