

Oversigt over vores hold i uge 28-31 2025



FYSIO

D A N M A R K

AALBORG • HASSERIS • NØRRESUNDBY

Arkaden Mandag

	Holdsal 1	Holdsal 2	Holdsal 3	Træningssalen	Cardioområdet
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					
13:00					Neuro cardio 13:00-13:55
13:30					
14:00					
14:30					
15:00		GLAD knæ/ hofte 15:00-15:55			
15:30					
16:00	Rygghold 2 16:00-16:55	Pilates 16:00-16:55			
16:30					
17:00			GLAD RYG 17:00-17:55	Rehab neuro 17:00-17:55	
17:30					
18:00					
18:30					
19:00					
19:30					

Mandag

	Hasseris	Nørresundby	Andet
7:30			
8:00			
8:30			
9:00			
9:30	Rehab neuro 9:30-10:25		
10:00		Rehab hofte/knæ/ankel 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		Rehab 16:00-16:55	
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		Neuro stolehold 10:00-10:55		
10:30					
11:00				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			Rehab knæ/ hofte/ankel 15:30-16:25	
16:00					
16:30	Knæhold 1+2 16:30-17:25	Rygghold niv. 2 16:30-17:25	Neuro niv. 2 Thomas 16:30-17:25		
17:00					Cardio + styrke 17:00-17:30
17:30		Cardio + styrke 17:30-17:55			
18:00					

Tirsdag

	Hasseris	Nørresundby	Andet
7:30			
8:00			
8:30			
9:00	Rehab knæ/hofte/ankel 9:00-9:55		
9:30			
10:00			
10:30			
11:00		Rehab træningscafe 11:00-11:55	
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
8:30					
9:00					
9:30					
10:00	Pilates 10:00-10:55		Neuro pilates 10:00-10:55		
10:30					
11:00				Rehab neuro 11:00-11:55	
11:30					
12:00					
12:30					
13:00	Neuro 2 13:00-13:55				
13:30					
14:00					
14:30					
15:00				Rehab neuro 15:00-15:55	
15:30					
16:00	Pilates 16:00-16:55			Rehab 16:00-16:55	
16:30					
17:00	Rygghold + Rehab ryg 17:00-17:55				
17:30					
18:00					
18:30					
19:00					
19:30					

Onsdag

	Hasseris	Nørresundby	Andet
7:30			
8:00			
8:30			
9:00			
9:30			Bassin 3 9:30-9:55
10:00		Rehab hofte/knæ/ankel 10:00-10:55	Bassin 3 10:00-10:25
10:30	Neurohold 10:30-11:25		Bassin 2 10:30-10:55
11:00			Bassin 1 11:00-11:25
11:30			
12:00			
12:30			
13:00			
13:30			
14:00			
14:30			
15:00			
15:30			
16:00		Rehab 16:00-16:55	
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				Rehab neuro 9:00-9:55	
9:30					
10:00	Sund senior 10:00-10:55				
10:30					
11:00					Cardio 11:00-11:25
11:30	Knæ niv. 1 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					
18:30					

Torsdag

	Hasseris	Nørresundby	Andet
7:30			
8:00			
8:30			
9:00	Rehab hofte/knæ/ankel 9:00-9:55		
9:30			
10:00		Træningscafe 10:00-10:55	
10:30			
11:00	Rehab neuro 11:00-11:55		
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 Fredag

	Holdsal 1	Holdsal 2	Holdsal 3	Træningssalen	Cardioområdet
7:30					
8:00					
8:30					
9:00		GLAD knæ/ hofter 9:00-9:55			
9:30					
10:00			Pilates 10:00-10:55	Rehab neuro 10:00-10:55	
10:30					
11:00			Neuro pilates 11:00-11:55		
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	Nørresundby	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

Hassseris

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

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