

Montag, 21.01.

UHRZEIT	KURS	TRAINER	RAUM
09:15 - 10:15	Cycling	Jelena	Saal 2
09:30 - 10:30	Bodywork	Zuzana	Saal 1
09:30 - 10:15	Aqua	Karin	Pool
10:30 - 11:30	Salsation	entfällt	Saal 2
10:30 - 11:30	Yoga	Michel	Saal 1
10:45 - 11:30	Aqua	Karin	Pool
17:00 - 18:00	Bodywork	Zuzana	Saal 1
18:00 - 19:00	Stars Iron	Rudi	Saal 1
18:15 - 19:00	Aqua	Karin	Pool
18:15 - 19:15	Yoga	Lucie	Saal 2
19:00 - 20:00	Salsation	Babsi	Saal 1
19:30 - 20:30	Cycling	Rudi	Saal 2
20:30 - 21:30	Cycling	Rudi	Saal 2

**Dienstag, 22.01.**

UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Backhealth	Lia	Saal 1
09:15 - 10:15	Pilates	Brigitte	Saal 2
09:30 - 10:30	Backhealth	Lia	Saal 1
10:30 - 11:30	Bodywork	Sofie	Saal 1
10:45 - 11:30	Aqua	Lia	Pool
12:30 - 14:00	NEU Mobility+Stretch	Roman	Saal 1
17:00 - 17:45	Zirkeltraining	Filip	Saal 2
17:00 - 18:00	Bodywork	Zuzana	Saal 1
17:45 - 18:30	Rumpf Workout	Filip	Saal 2
18:00 - 19:00	Pilates	Jelena	Saal 1
18:00 - 18:45	Kinesis	Veronika	Kinesis
18:15 - 19:00	Aqua	Helga	Pool
18:30 - 19:30	Meditation Stretch	Pat	Saal 2
19:00 - 19:30	H.I.I.T.	Lia	Saal 1
19:30 - 20:30	Latin Soul Groove	Pat	Saal 2

Mittwoch, 23.01.

UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Bodyart	Sabine	Saal 1
09:15 - 10:15	Cycling	Jasmin	Saal 2
09:30 - 10:30	Bodywork	Pat	Saal 1
10:30 - 11:30	Bodywork	Helga	Saal 1
10:30 - 12:00	Salsation	Diana	Saal 2
10:45 - 11:30	Aqua	Jasmin	Pool
17:00 - 18:00	BoxAerobic	Veronika	Saal 1
18:00 - 19:00	Pilates	Jelena	Saal 1
18:30 - 19:00	FunctionalTraining	Paul	Nautilus
18:30 - 20:00	Cycling/Core/Mobil	Helmuth	Saal 2
19:00 - 19:45	Aqua	Petra	Pool
19:00 - 20:00	Yoga	Lucie	Saal 1
20:00 - 21:00	Bodywork	Petra	Saal 1

**Donnerstag, 24.01.**

<b>UHRZEIT</b>	<b>KURS</b>	<b>TRAINER</b>	<b>RAUM</b>
08:30 - 09:30	Antara	Anna	Saal 1
09:15 - 10:15	Pilates	Brigitte	Saal 2
09:30 - 10:30	Backhealth	Anna	Saal 1
10:30 - 11:30	Bodywork	Zuzana	Saal 1
10:45 - 11:30	Aqua	Anna	Pool
17:00 - 17:45	Zirkeltraining	Filip	Saal 2
18:00 - 19:00	Bodywork	Helga	Saal 1
17:45 - 18:30	Rumpf Workout	Filip	Saal 2
18:00 - 18:45	Kinesis	Veronika	Kinesis
19:00 - 19:45	Aqua	Helga	Pool
18:30 - 19:30	Stretching	Filip	Saal 2
19:00 - 20:00	Pilates	Tanja	Saal 1
19:30 - 20:30	NEU Salsation	Marcos	Saal 2
20:00 - 21:00	Bodywork	Tanja	Saal 1

Freitag, 25.01.

UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Pilates	Sofie	Saal 1
09:30 - 10:30	Pilates	Sofie	Saal 1
10:30 - 11:30	Bodywork	Helga	Saal 1
10:45 - 11:30	Aqua	Elvira	Pool
10:30 - 11:30	Dance	Pat	Saal 2
11:30 - 12:15	Aqua	Elvira	Pool
14:00 - 15:30	Yoga	Michel	Saal 1
16:30 - 17:30	Zumba	Mido	Saal 2
17:00 - 18:00	Bodywork	Petra	Saal 1
17:30 - 18:00	Faszientraining	Jasmin	Saal 2
18:00 - 19:00	Stretching	Petra	Saal 1
18:00 - 18:30	Sixpack	Jasmin	Saal 2
18:00 - 18:30	Functional Training	Christoph	Nautilus
18:30 - 19:30	Cycling	Jasmin	Saal 2

**Samstag, 26.01.**

<b>UHRZEIT</b>	<b>KURS</b>	<b>TRAINER</b>	<b>RAUM</b>
09:15 - 10:15	Cycling	Dascha	Saal 2
09:30 - 10:30	Zumba	entfällt	Saal 1
10:30 - 11:30	Bodywork	Dascha	Saal 1
11:30 - 12:30	Yoga	Victor	Saal 1
11:30 - 12:15	Aqua	Dascha	Pool
17:00 - 18:00	Pilates	Milena	Saal 1
18:00 - 19:00	Zirkeltraining	Tanja	Saal 1
18:15 - 19:00	Aqua	Milena	Pool

**Sonntag, 27.01.**

<b>UHRZEIT</b>	<b>KURS</b>	<b>TRAINER</b>	<b>RAUM</b>
09:30 - 10:30	Bodywork	Tanja	Saal 1
10:30 - 11:30	Bodywork	Helga	Saal 1
10:30 - 11:30	Pilates	Tanja	Saal 2
17:00 - 18:00	Aqua	Elvira	Pool
17:00 - 18:00	Pilates	Jelena	Saal 1
17:30 - 18:30	Salsation	Marcos	Saal 2
18:00 - 19:00	Bodywork	Zuzana	Saal 1
18:30 - 19:00	H.I.I.T.	Paul	Saal 2
19:00 - 20:30	Yoga	Michel	Saal 1