

Montag, 10.10.			
UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Bodywork	Zuzana	SAAL 1
09:30 - 10:15	Aqua	Karin	POOL
10:30 - 12:00	Yoga	Michel	SAAL 1
10:45 - 11:30	Aqua	Karin	POOL
17:00 - 18:00	Bodywork	Zuzana	SAAL 1
18:15 - 19:15	Yoga	Lucie	SAAL 2
18:00 - 19:00	BauchBeinPo	Lisi	SAAL 1
18:15 - 19:00	Aqua	Karin	POOL
19:00 - 19:45	H.I.I.T.	Maxi	Functional Bereich
19:00 - 20:30	Salsation	Maciej	SAAL 1
19:30 - 20:30	Cycling	Helmuth	SAAL 2

Dienstag, 11.10.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Backhealth	Filip	SAAL 1
09:15 - 10:15	Pilates	Brigitte	SAAL 2
09:30 - 10:30	Backhealth	Filip	SAAL 1
10:30 - 11:30	Bodywork	Lisi	SAAL 1
10:45 - 11:30	Aqua	Milena	POOL
11:30 - 12:30	Abs&Ass	Lisi	SAAL 1
12:30 - 14:00	Mobility+Stretch	Milena	SAAL 1
17:00 - 17:45	Zirkeltraining	Filip	SAAL 2
17:45 - 18:30	Rumpf Workout	Filip	SAAL 2
18:00 - 19:00	Pilates	Jelena	SAAL 1
19:00 - 20:15	Yoga	Victor	SAAL 1

Mittwoch, 12.10.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Yogalates	Sabine	SAAL 1
09:30 - 10:30	Bodywork	Sabine	SAAL 1
10:30 - 11:30	Bodywork	Helga	SAAL 1
10:45 - 11:30	Aqua	Milena	POOL
17:00 - 18:00	Box&Strength	Carola	SAAL 1
18:00 - 19:00	Pilates	Jelena	SAAL 1
18:00 - 19:00	Cycling	Helmuth	SAAL 2
19:00 - 20:30	Yoga	Lucie	SAAL 2
19:00 - 19:45	Aqua	Jelena	POOL
19:00 - 20:00	Bodypump	Pat	SAAL 1
19:00 - 19:45	Functional Training	Marina	Functional Bereich
20:00 - 21:00	Bodywork	Pat	SAAL 1

Donnerstag, 13.10.			
UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	Yoga	Victor	SAAL 1
08:30 - 09:30	Backhealth	Anna	SAAL 1
09:15 - 10:15	Pilates	Brigitte	SAAL 2
09:30 - 10:30	Backhealth	Anna	SAAL 1
10:30 - 11:30	Bodywork	Pat	SAAL 1
10:45 - 11:30	Aqua	Anna	POOL
12:30 - 13:30	Mobility+Stretch	Milena	SAAL 1
17:00 - 17:45	Zirkeltraining	Filip	SAAL 2
17:45 - 18:30	Rumpf Workout	Filip	SAAL 2
18:00 - 19:00	Bodywork	Helga	SAAL 1
18:30 - 19:30	Dance	Pat	SAAL 2
19:00 - 19:45	Aqua	Helga	POOL
19:00 - 20:00	Yogalates	Milena	SAAL 1

Freitag, 14.10.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Pilates	Sabine	SAAL 1
09:30 - 10:30	Pilates	Sabine	SAAL 1
10:30 - 11:30	Dance	Pat	SAAL 2
10:30 - 11:30	Bodywork	Helga	SAAL 1
10:45 - 11:30	Aqua	Elvira	POOL
14:00 - 15:30	Yoga	Michel	SAAL 1
17:00 - 18:00	Bodywork	entfällt	SAAL 1
18:00 - 19:00	Mobility+Stretch	entfällt	SAAL 1
19:00 - 20:00	Salsation	Maciej	SAAL 1

Samstag, 15.10.			
UHRZEIT	KURS	TRAINER	RAUM
09:15 - 10:15	Cycling	Helmuth	SAAL "
10:30 - 11:30	Bodywork	Sabine	SAAL 1
11:30 - 13:00	Yoga	Sabine	SAAL 1
17:00 - 18:00	Pilates	Milena	SAAL 1
18:15 - 19:00	Aqua	Milena	POOL

Sonntag, 16.10.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Bodywork	Maxi	SAAL 1
09:30 - 10:30	Deepwork	Milena	SAAL 1
10:30 - 11:30	Pilates	Milena	SAAL 1
10:30 - 11:30	Bodywork	Helga	SAAL 2
19:00 - 20:00	Bodywork	Maxi	SAAL 1
20:00 - 21:30	Yoga	Michel	SAAL 1