

**Montag, 04.11.**

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	Bea	SAAL 1
18:30 - 19:30	Yoga	Lucie	SAAL 2
18:00 - 19:00	Iron System	Rudi	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	Rudi	SAAL 2

**Dienstag, 05.11.**

UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Backhealth	Filip	SAAL 1
09:30 - 10:30	Backhealth	Filip	SAAL 1
09:15 - 10:15	Pilates	Brigitte	SAAL 2
10:30 - 12:00	Bodywork und Stretch	Lisi	SAAL 1
10:45 - 11:30	Aqua	Milena	POOL
12:30 - 14:00	Mobility+Stretch	Roman	SAAL 1
17:00 - 18:00	Bodywork	Zuzana	SAAL 1
17:00 - 17:45	Zirkeltraining	Filip	SAAL 2
17:45 - 18:30	Rumpf Workout	Filip	SAAL 2
18:00 - 19:00	Pilates	Eva	SAAL 1
19:00 - 20:15	Yoga	Peter	SAAL 1

**Mittwoch, 06.11.**

UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Yogalates	Sabine	SAAL 1
09:30 - 10:30	Bodywork	Pat	SAAL 1
10:00 - 11:00	Salsation	Ina	SAAL 2
10:30 - 11:30	Bodywork	Helga	SAAL 1
10:45 - 11:30	Aqua	Milena	POOL
17:00 - 18:00	Bodywork	Maxi	SAAL 1
18:00 - 19:00	Pilates	Jelena	SAAL 1
18:00 - 19:00	Cycling	Rudi	SAAL 2
18:00 - 18:45	Functional Training	Maxi	Stretch Bereich
19:00 - 20:30	Yoga	Lucie	SAAL 2
19:00 - 19:45	Aqua	Jelena	POOL
19:00 - 20:00	Hot Iron	Rudi	SAAL 1

**Donnerstag, 07.11.**

UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	Yoga	Peter	SAAL 1
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	Lisi	POOL
12:30 - 14:00	Mobility+Stretch	Milena	SAAL 1
17:00 - 18:00	Boxtraining	Carlos	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	Cycling	entfällt	SAAL 2
19:30 - 20:30	Salsation	Ina, Lara	SAAL 2
19:00 - 19:45	Aqua	Helga	POOL
19:00 - 20:00	Yogalates	Milena	SAAL 1

**Freitag, 08.11.**

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	Sabine	POOL
14:00 - 15:30	Yoga	Michel	SAAL 1
16:00 - 17:00	Hot Iron I	Nicole	SAAL 1
17:00 - 18:00	Bodywork	Vertretung	SAAL 1
18:00 - 19:00	Mobility+Stretch	Vertretung	SAAL 1
19:00 - 20:00	Salsation	Maciej	SAAL 1

**Samstag, 09.11.**

UHRZEIT	KURS	TRAINER	RAUM
09:15 - 10:15	Salsation	Ina, Lara	SAAL 1
10:30 - 11:30	Bodywork	Zuzana	SAAL 1
10:30 - 11:30	Boxtraining	Carlos	SAAL 2
11:30 - 13:00	Yoga	Victor	SAAL 1
17:00 - 18:00	Pilates	Milena	SAAL 1
18:15 - 19:00	Aqua	Milena	POOL

**Sonntag, 10.11.**

UHRZEIT	KURS	TRAINER	RAUM
09:00 - 10:30	Bodywork	Anna	SAAL 1
10:30 - 11:30	Power Pilates	Milena	SAAL 1
10:30 - 11:30	Bodywork	Helga	SAAL 2
18:00 - 19:00	Bodywork	Zuzana	SAAL 1
18:00 - 19:00	Salsation	Marlene	SAAL 2
19:00 - 20:30	Yoga	Eva	SAAL 1