

**Montag, 05.12.**

| UHRZEIT       | KURS                | TRAINER   | RAUM   |
|---------------|---------------------|-----------|--------|
| 08:30 - 09:30 | Bodystyling         | Bettina   | SAAL 1 |
| 08:30 - 09:30 | WALKenergie         | Istvan    | SAAL 2 |
| 09:30 - 10:30 | Fight Work          | Franky    | SAAL 1 |
| 10:30 - 11:30 | Wirbelsäulengymnast | Franky    | SAAL 1 |
| 17:30 - 18:30 | Bodywork            | Valentina | SAAL 1 |
| 18:30 - 19:30 | Pumpwork            | Istvan    | SAAL 1 |
| 19:30 - 20:00 | 30' Sixpack         | Istvan    | SAAL 1 |

**Dienstag, 06.12.**

| UHRZEIT       | KURS         | TRAINER | RAUM   |
|---------------|--------------|---------|--------|
| 09:00 - 10:00 | Rückenfit    | Istvan  | SAAL 1 |
| 09:00 - 10:00 | Yoga sanft   | Bettina | SAAL 2 |
| 10:00 - 11:00 | BauchBeinPo  | Bettina | SAAL 1 |
| 17:00 - 18:00 | Cycling      | Carina  | SAAL 1 |
| 17:00 - 18:00 | TRX by Helga | Helga   | SAAL 2 |
| 18:00 - 19:00 | Bodyart      | Helga   | SAAL 1 |
| 19:00 - 20:00 | Pilates      | Helga   | SAAL 1 |

**Mittwoch, 07.12.**

| UHRZEIT       | KURS              | TRAINER   | RAUM   |
|---------------|-------------------|-----------|--------|
| 08:30 - 09:30 | Stars Iron        | Istvan    | SAAL 1 |
| 09:30 - 10:30 | Pilates & Stretch | Valentina | SAAL 2 |
| 09:30 - 10:30 | Dance             | Istvan    | SAAL 1 |
| 18:00 - 19:00 | WALKenergie       | Istvan    | SAAL 2 |

**Donnerstag, 08.12.**

| UHRZEIT       | KURS               | TRAINER   | RAUM   |
|---------------|--------------------|-----------|--------|
| 08:30 - 09:30 | Pilates            | Bettina   | SAAL 1 |
| 09:30 - 10:30 | Yoga               | Bettina   | SAAL 1 |
| 09:30 - 10:30 | Good Morning Power | Valentina | SAAL 2 |
| 17:00 - 18:00 | WALKenergie        | Helga     | SAAL 2 |
| 18:00 - 19:00 | ABBP by Helga      | Helga     | SAAL 1 |
| 19:00 - 19:30 | Stretching         | Helga     | SAAL 2 |
| 19:00 - 20:00 | Dance              | Istvan    | SAAL 1 |

**Freitag, 09.12.**

| UHRZEIT       | KURS      | TRAINER   | RAUM   |
|---------------|-----------|-----------|--------|
| 08:30 - 09:30 | Rückenfit | Valentina | SAAL 1 |
| 09:30 - 10:30 | Bodypump  | Valentina | SAAL 1 |
| 18:00 - 19:00 | Rückenfit | Istvan    | SAAL 1 |
| 19:00 - 20:00 | Bodywork  | Istvan    | SAAL 1 |

**Samstag, 10.12.**

| UHRZEIT       | KURS        | TRAINER | RAUM   |
|---------------|-------------|---------|--------|
| 09:00 - 10:00 | Dance       | Betty   | SAAL 1 |
| 09:30 - 10:30 | WALKenergie | Istvan  | SAAL 2 |
| 10:00 - 11:00 | Cycling     | Betty   | SAAL 1 |

**Sonntag, 11.12.**

| UHRZEIT       | KURS                 | TRAINER | RAUM   |
|---------------|----------------------|---------|--------|
| 09:30 - 10:30 | Bodywork             | Karin   | SAAL 1 |
| 10:30 - 11:30 | Sixpack & Stretching | Karin   | SAAL 1 |