

Montag, 24.01.			
UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Bodywork	Carola	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	Tanja	SAAL 1
18:15 - 19:15	Yoga	Lucie	SAAL 2
18:00 - 19:00	Iron System	Rudi	SAAL 1
18:15 - 19:00	Aqua	Karin	POOL
19:00 - 20:30	Salsation	Maciej	SAAL 1
19:30 - 20:30	Cycling	Rudi	SAAL 2

Dienstag, 25.01.			
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
12:30 - 14:00	Mobility+Stretch	Roman	SAAL 1
17:00 - 17:45	Zirkeltraining	Filip	SAAL 2
17:45 - 18:30	Rumpf Workout	Filip	SAAL "
18:00 - 19:00	Pilates	Jelena	SAAL 1
19:00 - 19:45	Boot Camp	Tanja	Functional Bereich
19:00 - 20:15	Yoga	Victor	SAAL 1

Mittwoch, 26.01.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Yogalates	Sabine	SAAL 1
09:30 - 10:30	Bodywork	Pat	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	Rudi	SAAL 2
19:00 - 20:30	Yoga	Lucie	SAAL 2
19:00 - 19:45	Aqua	Jelena	POOL
19:00 - 20:00	Hot Iron	Rudi	SAAL 1
19:00 - 19:45	Functional Training	Petra	Functional Bereich
20:00 - 21:00	Bodywork	Petra	SAAL 1

Donnerstag, 27.01.			
UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	Yoga	Victor	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	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, 28.01.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Pilates	Tanja	SAAL 1
09:30 - 10:30	Pilates	Tanja	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
16:30 - 17:30	Midance	Mido	SAAL 2
17:00 - 18:00	Bodywork	Petra	SAAL 1
18:00 - 19:00	Mobility+Stretch	Petra	SAAL 1
18:00 - 18:30	Neu NO LIMITS	Christoph	Functionalsbereich

Samstag, 29.01.			
UHRZEIT	KURS	TRAINER	RAUM
09:15 - 10:15	Cycling Workout	Tanja	SAAL 2
09:30 - 10:30	Salsation	Maciej	SAAL 1
10:30 - 11:30	Bodywork	Tanja	SAAL 1
11:30 - 13:00	Yoga	Victor	SAAL 1
17:00 - 18:00	Pilates	Milena	SAAL 1
18:15 - 19:00	Aqua	Milena	POOL

Sonntag, 30.01.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Box Workout	Tanja	SAAL 1
09:30 - 10:30	Bodywork	Tanja	SAAL 1
10:30 - 11:30	Pilates	Tanja	SAAL 1
10:30 - 11:30	Bodywork	Helga	SAAL 2
18:00 - 19:00	Bodywork	Zuzana	SAAL 1
19:00 - 20:30	Yoga	Michel	SAAL 1