

Montag, 21.09.			
UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Bodywork	Zuzana	SAAL 1
09:30 - 10:45	Aqua	Karin	POOL
09:30 - 10:30	Bodywork	Tanja	SAAAL 2
10:30 - 11:30	Yoga	Michel	SAAL 1
10:30 - 11:30	Salsation	entfällt	SAAL2
10:45 - 11:30	Aqua	Karin	POOL
11:30 - 12:30	Yoga	Michel	SAAL 1
17:00 - 18:00	Bodywork	Zuzana	Saal 1
17:00 - 18:00	Yoga	Lucie	SAAL 2
18:15 - 19:00	Aqua	Karin	POOL
18:00 - 19:00	Stars Iron	Pat	Saal 1
18:15 - 19:15	Yoga	Lucie	Saal 2
19:00 - 20:00	Salsation	Paulinna	Saal 1
19:00 - 19:30	Functional Training	Christoph	SAAL 1
19:30 - 20:30	Cycling	Karin	Saal 2
20:00 - 21:00	Salsation	Paulina	SAAL 1

Dienstag, 22.09.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Backhealth	Lia	SAAL 1
09:15 - 10:30	Pilates	Brigitte	bei SchÄInwetter
09:30 - 10:30	Backhealth	Lia	SAAL 1
10:15 - 11:15	Pilates	Brigitte	bei SchÄInwetter
10:30 - 11:30	Bodywork	Lisi	SAAL 1
10:45 - 12:30	Aqua	Karin	POOL
11:30 - 12:30	NEU Stars Camp	Lisi	SAAL 1
12:30 - 14:00	NEU Mobility+Stretch	Roman	SAAL !
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	Jelena	SAAL 1
18:00 - 19:00	Pilates	Jelena	SAAL 1
18:00 - 18:45	Kinesis	Vertretung	2. STOCK
19:00 - 20:30	Yoga	Victor	SAAL 2
20:00 - 21:00	Yoga	Victor	SAAAL 1

Mittwoch, 23.09.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	bodyART	Sabine	SAAL 1
09:30 - 10:30	Bodywork	Pat	SAAL 1
10:30 - 11:30	Bodywork	Helga	SAAL 1
10:45 - 11:30	Aqua	Karin	POOL
17:00 - 18:00	BoxAerobic	Veronika	2. STOCK
18:00 - 19:00	Pilates	Jelena	SAAL 1
18:00 - 19:00	Cycling	Karin	SAAL 2
19:00 - 20:00	Yoga	Lucie	SAAL 2
19:00 - 20:00	Stars Iron	Jelena	SAAL 1
20:00 - 21:00	Bodywork	Pat	SAAL 1
20:00 - 21:00	Yoga	Lucie	SAAL 2

Donnerstag, 24.09.			
UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	Bodywork	Tanja	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
10:15 - 11:15	Pilates	Brigitte	SAAL 2
10:30 - 11:30	Bodywork	Zuzana	SAAL 1
10:45 - 11:30	Aqua	Karin	POOL
12:30 - 13:30	NEU Mobility+Stretch	Roman	SAA1
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
18:00 - 19:00	Kinesis	Veronika	2. STOCK
19:00 - 19:45	Aqua	Helga	POOL
19:00 - 20:00	Yogalates	Milena	SAAL 1
19:30 - 20:30	Salsation	Marcos	SAAL 2

Freitag, 25.09.			
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 - 15:00	Yoga	Michel	SAAL 1
15:00 - 16:00	Yoga	Michel	SAAL!
16:30 - 17:30	Midance	Mido	SAAL 2
17:00 - 18:00	Bodywork	Victor	SAAL 1
18:00 - 19:00	Stretching	Victor	SAAL 1

Samstag, 26.09.			
UHRZEIT	KURS	TRAINER	RAUM
09:15 - 10:15	Cycling Workout	Tanja	SAAL 2
09:30 - 10:30	Salsation	Paulina	SAAL 1
10:30 - 11:30	Bodywork	Tanja	SAAL 1
11:30 - 13:00	Yoga	Victor	SAAL 2
11:30 - 12:30	Bodywork	Tanja	saal 1
12:30 - 13:30	Yoga	Victor	SAAL 2
17:00 - 18:00	Pilates	Milena	SAAL 1
18:15 - 19:00	Aqua	Milena	POOL

Sonntag, 27.09.			
UHRZEIT	KURS	TRAINER	RAUM
08:15 - 09:15	Bodywork	Tanja	SAAL 1
09:30 - 10:30	Bodywork	Tanja	SAAL 1
10:45 - 11:45	Pilates	Tanja	SAAL 1
11:30 - 12:30	Pilates	Tanja	SAAAL 2
12:00 - 13:00	Bodywork	Helga	SAAL 1
19:00 - 20:00	Bodywork	Zuzana	Saal 1
20:00 - 21:00	Yoga	Michel	Saal 1
21:00 - 22:00	Yoga	Michel	SAAL 1