

Montag, 13.07.			
UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Bodywork	Zuzana	SAAL 1
10:30 - 11:30	Yoga	Victor	SAAL 1
10:45 - 11:30	Aqua	Karin	POOL
11:30 - 12:30	Yoga	Victor	SAAL 1
17:00 - 18:00	Bodywork	Zuzana	Saal 1
18:15 - 19:00	Aqua	Karin	POOL
18:00 - 19:00	Hot Iron	Rudi	Saal 1
18:15 - 19:15	Yoga	Lucie	Saal 2
19:00 - 20:30	Salsation	Paulinna	Saal 1
19:00 - 19:30	Functional Training	Christoph	SAAL 1
19:30 - 20:30	Cycling	Rudi	Saal 2

Dienstag, 14.07.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Backhealth	Lia	SAAL 1
09:15 - 10:30	Pilates	Sabine	SAAL 2
09:30 - 10:30	Backhealth	Lia	SAAL 1
10:15 - 11:15	Pilates	Sabine	SAAL 2
10:30 - 11:30	Bodywork	Tanja	SAAL 1
10:45 - 11:30	Aqua	Lia	POOL
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 - 18:45	Kinesis	Veronika	2. STOCK
19:00 - 20:30	Yoga	Victor	SAAL 1

Mittwoch, 15.07.			
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
10:30 - 12:00	Salsation	Jenny	SAAL 2
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	Rudi	SAAL 2
19:00 - 20:30	Yoga	Lucie	SAAL 2
19:00 - 20:00	Hot Iron	Rudolf	SAAL 1
20:00 - 21:00	Bodywork	Petra	SAAL 1

Donnerstag, 16.07.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Antara	Jelena	SAAL 1
09:15 - 10:15	Pilates	Sabine	SAAL 2
09:30 - 10:30	Backhealth	Karin	SAAL 1
10:15 - 11:15	Pilates	Sabine	SAAL 2
10:30 - 11:30	Bodywork	Tanja	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	Pilates	Karin	SAAL 1
19:30 - 20:30	Salsation	Marcos	SAAL 2

Freitag, 17.07.			
UHRZEIT	KURS	TRAINER	RAUM
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	Victor	SAAL 1
15:00 - 16:00	Yoga	entfällt	SAAL!
16:30 - 17:30	Midance	Mido	SAAL 2
17:00 - 18:00	Bodywork	Petra	SAAL 1
18:00 - 19:00	Stretching	Petra	SAAL 1

Samstag, 18.07.			
UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Salsation	Paulina	SAAL 1
10:30 - 11:30	Bodywork	Tanja	SAAL 1
11:30 - 13:00	Pilates	Tanja	SAAL 1
17:00 - 18:00	Pilates	Karin	SAAL 1
18:15 - 19:00	Aqua	Helga	POOL

Sonntag, 19.07.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Bodywork	Lisi	SAAL 1
09:30 - 10:30	Bodywork	Lisi	SAAL 1
10:30 - 11:30	Pilates	Tanja	SAAL 1
11:30 - 12:30	Bodywork	Helga	SAAL 1
19:00 - 20:00	Bodywork	Zuzana	Saal 1
20:00 - 21:30	Yoga	entfällt	Saal 1