

| Montag<br>08:00 - 23:00   |  | Dienstag<br>07:00 - 23:00                  |  | Mittwoch<br>07:00 - 23:00                |  | Donnerstag<br>07:00 - 23:00              |  | Freitag<br>08:00 - 24:00                         |  | Samstag<br>09:00 - 22:00                      |   |
|---|--|--|--|--|--|--|--|--|--|---|---|
| Kursraum 1  | Kursraum 2                                 | Kursraum 1                                 | Kursraum 2                                 | Kursraum 1                               | Kursraum 2                                 | Kursraum 1                               | Kursraum 2                                 | Kursraum 1                                       | Kursraum 2                               | Kursraum 1                                    | Kursraum 2                                |
| 09:00-09:50<br>Bodyshape/<br>Bodystyling<br>Iris                                  |  | 09.00 - 09.50<br>Rehabilitations-<br>sport |  | 08:00-09:30<br>Yoga<br>Anke              | 08:45-09:20<br>Gym. Vital<br>Marina        | 09:00-09.50<br>BBP<br>Tanja              |  | 08:45-09:50<br>Rücken Yoga<br>Joana              |  |   |   |
| 11:00-11:50<br>Bodyshape/<br>Bodystyling<br>Iris                                  | 10:00-10:55<br>Spinning<br>Iris            | 10:00-10:50<br>Rückenschule<br>Sonja       |  | 10:00-10:50<br>Aerobic<br>Ralf           | 09.30 - 10.20<br>Rehabilitations-<br>sport | 10:00-10.50<br>Pilates<br>Tanja          |  | 10:00-10.50<br>Basic Step<br>Constanze           | 10:00-10:55<br>Rücken Fit<br>Sonja       | 10:00-10.50<br>Pilates<br>Gabi /Conz          | 09:30-10:30<br>Spinning<br>Petra/Matthias |
| 12:00-13:00<br>Rehabilitations-<br>sport  | 17:00-17:50<br>Rehabilitations-<br>sport   | 11:00-12:20<br>Yoga<br>Birgit              | 11.15 - 12.05<br>Rehabilitations-<br>sport | 11:00-11:50<br>bodyART strength<br>Ralf  | 11.00 - 12.00<br>Rehabilitations-<br>sport | 11:00-11.50<br>Rücken Fit<br>Tanja       |  | 11:00-11:50<br>Bodyshape<br>Constanze            | 11:05-11:50<br>Rehabilitations-<br>sport | 11:00-11:50<br>bodyWorkout<br>Gabi /Conz      |   |
| 18.00-19.30<br>Lauftreff<br>Thomas  | 18.00- 18.50<br>Rehabilitations-<br>sport  | 12.30 - 13.30<br>Rehasport                 |  | 12:00-13:00<br>Rehabilitations-<br>sport |  | 12:00-13:00<br>Rehabilitations-<br>sport |  | 12:00-13:00<br>Rehabilitations-<br>sport         |  |   |   |
| 17:00-17.50<br>Rücken Vital<br>Patrick  | 19.00 - 19.50<br>Rehabilitations-<br>sport | 17:00-17:50<br>Rehabilitations-<br>sport   | 17:20-17:50<br>Crosstraining               | 18:00-18:50<br>BauchBeinePo<br>Nicole    | 17.45-18.35<br>Rehabilitations-<br>sport   | 13:00-13:50<br>Bauch/Rücken<br>Martin    |  |  |  | 10:00-12:00<br>Spass im Wasser                |   |
| 18:00-18:50<br>Langhantel<br>Patrick  | 19:00-20:30<br>Spinning<br>Petra           | 18:00-18:50<br>Ges. Rücken<br>Gabi B.      | 18:00-18:50<br>Fatburner<br>Kim            |  | 19:00-19:30<br>Crosstraining               | 18:00-18:50<br>Ges. Rücken<br>Ralf       | 18:00-18:30<br>CrossTraining               | 18:00-18:50<br>Rücken Fit<br>Martin              | 17:45-18:15<br>CrossTraining             |   |   |
| 19:00-19:50<br>BBP<br>Alvin   |  | 19:00-19:50<br>Bodyworkout<br>Kim          | 19:00-19.50<br>Pilates<br>Gabi B.          |  | 19:00-20:30<br>Spinning<br>Nicole          | 19:00-19:50<br>Step Advanced<br>Ralf     | 19:00-19.50<br>Spinning<br>Bea             | 19:00-19:50<br>Wirbelsäule<br>Martin             | 18:30-19:30<br>Spinning<br>Petra         |   |   |
|  |  |  | 19:00-19:50<br>Spinning<br>Silke           |  |  | 20.00-20.50<br>bodyART energetic<br>Ralf | 20.00 - 21.00<br>Rehabilitations-<br>sport | 20:00-21:15<br>Yin Yoga<br>Prischka              |  | <b>Sonntag</b><br>09:00 - 22:00               |   |
| <b>Aquakurse</b>  | <b>Schwimmkurse</b>                        | <b>Aquakurse</b>                           | <b>Schwimmkurse</b>                        | <b>Aquakurse</b>                         | <b>Schwimmkurse</b>                        | <b>Aquakurse</b>                         | <b>Schwimmkurse</b>                        | <b>Aquakurse</b>                                 | <b>Schwimmkurse</b>                      | <b>Kursraum1</b>                              | <b>Kursraum 2</b>                         |
| 10:15-11:00<br>AquaFit *<br>Versch. Trainer                                       |  | 10:00-10.45<br>Aqua-Fitness *<br>Marina    |  |  |  |  | 09:00-09:30<br>Babyschw. Marina            | 10:15-11:00<br>Aqua-Fitness *<br>versch. Trainer |  |   |   |
| 11:15-12:00<br>AquaFit *<br>versch. Trainer                                       |  | 11:00-11.45<br>Aqua-Fitness *<br>Marina    |  |  |  | 10:30-11:15<br>Aqua-Gym *<br>Martin      | 09:30-10:00<br>Babyschw. Marina            | 11:15-12:00<br>Aqua-Fitness *<br>versch. Trainer |  | 18:00-18:50<br>Bauch&Rücken<br>Birgit         |   |
|   |  |  | 15:30-16:15<br>Anfängerschw.<br>Marina     |  | 11:00-12.30<br>Funktions-<br>training**    | 11:15-12:00<br>Aqua-Gym *<br>Martin      | 10:00-10:30<br>Babyschw. Marina            |  |  |   |   |
|   | 15:30-16:15<br>Anfängerschw.<br>Silvia     |  | 16:20-17:05<br>Anfängerschw.<br>Marina     |  | 15:30-16:15<br>Anfängerschw.<br>Silvia     |  | 15:00-15:40<br>Kleinkind 1-5<br>Marina     |  | 15:00-15:40<br>Kleinkind 1-3<br>Marina   | 10:00-10:45<br>Aqua-Power *<br>verschied. Tr. |   |
|   | 16:20-17:05<br>Anfängerschw.<br>Silvia     |  | 17:15-18:00<br>Bronzeschw.<br>Marina       |  | 16:20-17:05<br>Anfängerschw.<br>Silvia     |  | 15:45-16:25<br>Kleinkind 3-5<br>Marina     |  | 15:45-16:25<br>Kleinkind 3-5<br>Marina   | 11:00-11:45<br>Aqua-Power *<br>verschied Tr.  |   |
| 18:15-19:00<br>Aqua-Fitness *<br>versch. Trainer                                  | 17:15-18:00<br>Bronzeschw.<br>Silvia       | 18:15-19:00<br>Aqua-Gym *<br>Domenic       |  | 18:15-19:00<br>Aqua-Fitness *<br>Kim     | 17:15-18:00<br>Bronze Silvia               |  | 16:30-17:10<br>Kleinkind 3-5<br>Marina     | 18:15-19:00<br>Aqua-Mix *<br>Nicole              | 16:30-17:10<br>Kleinkind 3-5<br>Marina   |   |   |
| 19:15-20:00<br>Aqua-Power *<br>versch. Trainer                                    |  |  |  | 19:15-20:00<br>Aqua-Fitness *<br>Kim     |  |  |  | 19:15-20:00<br>Aqua-Fitness *<br>Nicole          |  |   |   |

\*Kurskarte erforderlich

\*\* über Fibromyalgie