


Montag 08:00 - 23:00		Dienstag 07:00 - 23:00		Mittwoch 07:00 - 23:00		Donnerstag 07:00 - 23:00		Freitag 08:00 - 23:00		Samstag 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 BodyShape Iris		09.00 - 09.50 Rehabilitations- sport		08:00-09:30 Yoga Anke		09:00-09:50 BBP Tanja		08:45-09:50 Yoga Sandra			
11:00-11:50 Bodyshape Iris	10:00-10:55 Spinning Iris	10:00-10:50 Rückenschule Daniela		10:00-10:50 Aerobic Ralf	09.30 - 10.20 Rehabilitations- sport	10:00-10:50 Pilates Tanja		10:00-10:50 Basic Step Constanze	10:00-10:50 Rückenschule Daniela	10:00-10:50 Rücken/Pilates Conz/Gaby	09:30-10:30 Spinning Petra/Matze
12:00-13:00 Rehabilitations- sport	17:00-17:50 Rehabilitations- sport	11:00-12:20 Yoga Birgit	11.15 - 12.05 Rehabilitations- sport	11:00-11:50 BODYART Ralf	11.00 - 12.00 Rehabilitations- sport	11:00-11:50 Rücken Fit Tanja		11:00-11:50 Bodyshape Constanze	11:00 - 11:50 Rehabilitations- sport	11:00-11:50 bodyWorkout Conz /Gaby	
	18.00- 18.50 Rehabilitations- sport	12.30 - 13.20 Rehasport		12:00-13:00 Rehabilitations- sport		12:00-13:00 Rehabilitations- sport		12:00-12:45 Rehabilitations- sport			
17:00-17:50 Rücken Vital versch. Trainer	19.00 - 19.50 Rehabilitations- sport	17:00-17:50 Rehabilitations- sport	17:20-17:50 Crosstraining	18:00-18:50 BauchBeinePo Nicole	17.45-18.35 Rehabilitations- sport	13:00-13:50 Bauch/Rücken Martin				10:00-12:00 Spass i. Wasser	
18:00-18:50 Langhantel versch. Trainer	19:00-20:30 Spinning Petra	18:00-18:50 Ges. Rücken Gabi B.	18:00-18:50 Powerkurs Josy		19:00-19:30 Crosstraining	18:00-18:50 BODYART Ralf	18:00-18:30 CrossTraining		17:45-18:15 CrossTraining		
19:00-19:50  Bibiana		19:00-19:50  Josy	19:00-19:50 Pilates Gabi B.		19:00-20:30 Spinning Nicole	19:00-19:50 Step Advanced Ralf	19:00-19:50 Spinning Bea	18:30-19:20 RückenFit versch. Trainer	18:30-19:30 Spinning Petra		
			19:00-19:50 Spinning Silke				20.00 - 21.00 Rehabilitations- sport	20:00-21:15 Yoga Prischka		Sonntag 09:00 - 22:00	
Aquakurse	Schwimmkurse	Aquakurse	Schwimmkurse	Aquakurse	Schwimmkurse	Aquakurse	Schwimmkurse	Aquakurse	Schwimmkurse	Kursraum1	Kursraum 2
10:15-11:00 Aqua-Fitness * versch. Trainer		10:00-10:45 Aqua-Fitness * Marina						10:15-11:00 Aqua-Fitness * versch. Trainer			
11:15-12:00 Aqua-Fitness * versch. Trainer		11:00-11:45 Aqua-Fitness * Marina				10:30-11:15 Aqua-Fitness * Martin	09:30-10:00 Babyschw. Marina	11:15-12:00 Aqua-Fitness * versch. Trainer		18:00-18:50 Bauch&Rücken Birgit	
			15:30-16:15 Anfängerschw. Marina		11:00-12:30 Funktions- training**	11:15-12:00 Aqua-Fitness * Marina	10:00-10:30 Babyschw. Marina				
	15:30-16:15 Anfängerschw. Korschid		16:20-17:05 Anfängerschw. Marina		15:30-16:15 Anfängerschw. Marina		15:00-15:40 Kleinkind 1-3 Marina		15:00-15:40 Kleinkind 1-3 Marina	10:00-10:45 Aqua-Power * verschied. Tr.	
	16:20-17:05 Anfängerschw. Korschid		17:15-18:00 Bronzeschw. Marina		16:20-17:05 Anfängerschw. Marina		15:45-16:25 Kleinkind 3-5 Marina		15:45-16:25 Kleinkind 3-5 Marina	11:00-11:45 Aqua-Power * verschied. Tr.	
18:15-19:00 Aqua-Fitness * Bibiana		18:15-19:00 Aqua-Gym * Natalie		18:15-19:00 Aqua-Fitness * Nadine	17:15-18:00 Bronze Tamina		16:30-17:10 Kleinkind 3-5 Marina	18:15-19:00 Aqua-Mix * Nicole	16:30-17:10 Kleinkind 3-5 Marina		
19:15-20:00 Aqua-Power * Julia				19:15-20:00 Aqua-Fitness * Nadine			17:15-17:55 Kleinkind 3-5 Marina	19:15-20:00 Aqua-Fitness * Nicole			

*Kurskarte erforderlich

** über Fibromyalgie