

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 <b>BodyShape</b> Iris		09.00 - 09.50 Rehabilitations- sport		08:00-09:30 <b>Yoga</b> Anke		09:00-09:50 <b>BBP</b> Tanja		08:45-09:50 <b>Yoga</b> Sandra			
11:00-11:50 <b>Bodyshape</b> Iris	10:00-10:55 <b>Spinning</b> Iris	10:00-10:50 <b>Rückenschule</b> Daniela		10:00-10:50 <b>Aerobic</b> Ralf	09.30 - 10.20 Rehabilitations- sport	10:00-10:50 <b>Pilates</b> Tanja		10:00-10:50 <b>Basic Step</b> Constanze	10:00-10:50 <b>Rückenschule</b> Daniela	10:00-10:50 Rücken/Pilates Conz/Gaby	09:30-10:30 <b>Spinning</b> Petra/Matze
12:00-13:00 Rehabilitations- sport	17:00-17:50 Rehabilitations- sport	11:00-12:20 <b>Yoga</b> Birgit	11.15 - 12.05 Rehabilitations- sport	11:00-11:50 <b>BODYART</b> Ralf	11.00 - 12.00 Rehabilitations- sport	11:00-11:50 <b>Rücken Fit</b> Tanja		11:00-11:50 <b>Bodyshape</b> Constanze	11:00 - 11:50 Rehabilitations- sport	11:00-11:50 <b>bodyWorkout</b> 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 <b>Rücken Vital</b> versch. Trainer	19.00 - 19.50 Rehabilitations- sport	17:00-17:50 Rehabilitations- sport	17:20-17:50 <b>Crosstraining</b>	18:00-18:50 <b>BauchBeinePo</b> Nicole	17.45-18.35 Rehabilitations- sport	13:00-13:50 <b>Bauch/Rücken</b> Martin				10:00-12:00 <b>Spass i. Wasser</b>	
18:00-18:50 <b>Langhantel</b> versch. Trainer	19:00-20:30 <b>Spinning</b> Petra	18:00-18:50 <b>Ges. Rücken</b> Gabi B.	18:00-18:50 <b>Powerkurs</b> Josy		19:00-19:30 <b>Crosstraining</b>	18:00-18:50 <b>BODYART</b> Ralf	18:00-18:30 <b>CrossTraining</b>		17:45-18:15 <b>CrossTraining</b>		
19:00-19:50  <b>Bibiana</b>		19:00-19:50  Josy	19:00-19:50 <b>Pilates</b> Gabi B.		19:00-20:30 <b>Spinning</b> Nicole	19:00-19:50 <b>Step Advanced</b> Ralf	19:00-19:50 <b>Spinning</b> Bea	18:30-19:20 <b>RückenFit</b> versch. Trainer	18:30-19:30 <b>Spinning</b> Petra		
			19:00-19:50 <b>Spinning</b> Silke			19.00 - 19.45 Rehabilitations- sport	20.00 - 21.00 Rehabilitations- sport	20:00-21:15 <b>Yoga</b> Prischka		<b>Sonntag</b> 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 <b>Aqua-Fitness *</b> versch. Trainer		10:00-10:45 <b>Aqua-Fitness *</b> Marina						10:15-11:00 <b>Aqua-Fitness *</b> versch. Trainer			
11:15-12:00 <b>Aqua-Fitness *</b> versch. Trainer		11:00-11:45 <b>Aqua-Fitness *</b> Marina				10:30-11:15 <b>Aqua-Fitness *</b> Martin	09:30-10:00 <b>Babyschw.</b> Marina	11:15-12:00 <b>Aqua-Fitness *</b> versch. Trainer		18:00-18:50 <b>Bauch&amp;Rücken</b> Birgit	
			15:30-16:15 <b>Anfängerschw.</b> Marina		11:00-12:30 <b>Funktions- training**</b>	11:15-12:00 <b>Aqua-Fitness *</b> Martin	10:00-10:30 <b>Babyschw.</b> Marina				
	15:30-16:15 <b>Anfängerschw.</b> Korschid		16:20-17:05 <b>Anfängerschw.</b> Marina		15:30-16:15 <b>Anfängerschw.</b> Tamina		15:00-15:40 <b>Kleinkind 1-3</b> Marina		15:00-15:40 <b>Kleinkind 1-3</b> Marina	10:00-10:45 <b>Aqua-Power *</b> verschied. Tr.	
	16:20-17:05 <b>Anfängerschw.</b> Korschid		17:15-18:00 <b>Bronzeschw.</b> Marina		16:20-17:05 <b>Anfängerschw.</b> Tamina		15:45-16:25 <b>Kleinkind 3-5</b> Marina		15:45-16:25 <b>Kleinkind 3-5</b> Marina	11:00-11:45 <b>Aqua-Power *</b> verschied. Tr.	
18:15-19:00 <b>Aqua-Fitness *</b> Bibiana		18:15-19:00 <b>Aqua-Gym *</b> Natalie		18:15-19:00 <b>Aqua-Fitness *</b> Nadine	17:15-18:00 Bronze Tamina		16:30-17:10 <b>Kleinkind 3-5</b> Bernd	18:15-19:00 <b>Aqua-Mix *</b> Nicole	16:30-17:10 <b>Kleinkind 3-5</b> Marina		
19:15-20:00 <b>Aqua-Power *</b> Julia				19:15-20:00 <b>Aqua-Fitness *</b> Nadine			17:15-17:55 <b>Kleinkind 3-5</b> Bernd	19:15-20:00 <b>Aqua-Fitness *</b> Nicole			

\*Kurskarte erforderlich

\*\* über Fibromyalgie