

Uhrzeit	MONTAG		DIENSTAG		MITTWOCH	
7:00-7:45						
8:05-8:55	A Gesunder Rücken + R2 8:10-8:55 Uhr, Steffi G - F				A Body Art + R2 Britt G - F	A Aqua-Jogging Bad 8:45-9:30 Uhr, Bettina G
9:05-9:55	A Faszien & Koordination R2 Katrin R - F	A Easy Cycling und Cycle Well IC Steffi G - F	A Aqua-Gymnastik Bad 8:45-9:25 Uhr, Melanie G	A Yoga + R2 Babsy G - F	A Aqua-Gymnastik Bad 9:35-10:20 Uhr, Bettina G	A Rückenfit + R2 Astrid G - F
	A Aqua-Jogging Bad 9:05-9:50 Uhr, Tine G		A Aqua-Gymnastik Bad 9:30-10:10 Uhr, Melanie G			
10:05-10:55	A Wirbelsäulen-Gymnastik R1 Bettina G	A Indoor Cycling IC Margit F	A Energy Dance + R2 Wanja G - F	A Cycle Well IC Parveen R - G	A Bauch-Beine-Po R1 Astrid G - F	A Indoor Cycling IC Carolin S
	A Aqua-Jogging Bad 9:55-10:40 Uhr, Tine G	A Hot Iron R2 Christoph F - S	A Aqua-Gymnastik Bad 10:15-10:55 Uhr, Melanie G			A Aqua-Gymnastik Bad 10:25-11:10 Uhr, Steffi G
11:05-11:55	A Fit & Gesund R1 Bettina G - F	A Body Art Mobility + R2 Christoph G - S			A Stretching R1 Doris F - A	A Tabata ev. outdoor H2 11:10-11:40 Uhr, Carolin F - S
	A Tabata ev. outdoor H2 11:10-11:40 Uhr, Margit F - S					
15:05-15:55	A Fit & Gesund + R2 Katrin G - F		A Fit & Gesund + R2 Christine R - G			
16:05-16:55					A Bauch-Beine-Rücken + R2 Astrid G - F	
17:05-17:55	A Rückenfit + R2 Astrid G - S		A Faszien, Kraft, Bewegl. R1 Christine G - A NEU			
18:05-18:55	A Aqua-Jogging Bad 18:05-18:50 Uhr, Anita G - F	A Indoor Cycling IC Margit F - S	A Faszien, Kraft, Bewegl. + R2 Christine G - A	A Bodyworkout R1 17:55-18:55 Uhr, Katrin F - S	A Indoor Cycling IC 18:05-19:35 Uhr, Fréd F - A	A Power Dumbell R2 Tobi G - F
			A Aqua-Jogging Bad 18:50-19:35 Uhr, Hanna F - S		A Aroha ev. outdoor H4 Doris G - S	A Aqua Power Bad 18:50-19:35 Uhr, Silvia F - S
19:05-19:55	A Functional Training H2 19:05-19:30 Uhr F - S	A Step + Workout R1 Andrea F - S	A Body Burn Quickie + R2 19:05-19:30 Uhr, Gergö F - S	A Indoor Cycling IC Angela F - S	A Energy Dance + R2 Wanja G - F	
	A Functional Training H2 19:35-20:00 Uhr F - S	A Aqua Fire & Flames Bad 19:45-20:15 Uhr, Anita F - S NEU	A Aqua-Jogging Bad 19:40-20:25 Uhr, Hanna F - S	A Rücken Intensiv R2 19:35-20:00 Uhr, Britt F - A	A Aqua Power Bad 19:40-20:25 Uhr, Silvia F - S	
	A Aqua-Jogging Bad 18:55-19:40 Uhr, Anita G - F		A Zumba R1 Jana F - S			
20:05-20:55	A Intensive Yoga R1 20:05-21:20 Uhr, Andrea F - S	A Thai Boxen H3 20:00-21:00 Uhr, Sandro F - S	A Yoga + R2 20:05-21:20 Uhr, Birgit G - F	A Indoor Cycling IC Fréd F - S	A Energy Dance R1 Wanja G - F	A Rückenfit H4 Fréd F - A
			A Warrior V Dance R1 Britt F - S			

