

WOCHENPLAN GYMNASTIKSAAL

ZEITRAUM:	Herbst 2025			
MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
08:00 - 09:00 Rückenfit A01a / Sabine S.		08:00 - 09:00 Faszienfit A92/ Sabine S.		08:00 - 09:00 Beckenbodengym. A60 / Sabine S.
	09:00 - 10:00 HS-ASKÖ 20 Susanne		09:00 - 10:00 HS-ASKÖ 20 Susanne	
09:10 - 10:10 Rückenfit A01b / Sabine S.		09:10 - 10:10 Rückenfit A11a /Sabine S.		09:10 - 10:10 Rückenfit A05 / Sabine S.
	10:15 - 11:10 Golden Girls A46 / Petra			
10:20 -11:20 Babyfit A25 / Sabine S.		10:20 - 11:20 Rückenfit A11b / Sabine S.	10:15 - 11:25 Männersache A15 / Nathalie	10:20 - 11:20 Faszienfit A93 / Sabine S.
11:30 - 12:30 Faszienfit A86 / Sabine S.		11:30 - 12:30 Beckenbodengym. A57 / Sabine S.	11:30 - 12:40 Männersache A15b / Nathalie	
	12:30 - 13:25 Locker am Hocker A109 / Gabriele			
		12:45 - 13:40 Seniorenfit A51a Maria		
	14:15 - 15:15 WGYM A02 / Brigitte	14:00 - 14:55 Seniorfit A51b Maria		
15:30 - 16:25 Osteoporose A18 / Monika			15:00 - 15:55 Babyfit A45 / Anna	
		15:20 - 16:15 Minifit A53 / Anna		
			16:05 - 17:00 Minifit / Maxifit A83 / Anna	16:30 - 17:25 Rückenfit A104 / Anna
16:30 - 17:25 Pilates A08 / Monika		16:30 - 17:25 Maxifit A56 / Anna		
17:30 - 18:25 Rückenfit A24 / Monika	17:20 - 18:15 Afterwork Mobility A101 / Steffi		17:30 - 18:25 WGYM A04 / Regine	17:30 -18:25 Bodyforming A87 / Anna
		17:45 - 18:40 Step Aerobic A 66 / Claudia		
18:30 - 19:25 Bodyforming A12b / Anna	18:20 - 19:15 Pilates A09 / Steffi		18:30 - 19:25 Step-Aerobic A10 / Regine	18:40 - 19:35 Bauchtanz A19 / Nasi
		18:45 - 19:40 Bodyforming A74 / Alex		
19:30 - 20:25 Bodyforming A12 / Anna	19:20 - 20:15 Zumba A13 / Kathi			19:40 - 20:35 Tanz-Fitness-Workout A110 / Nasi
		19:40 - 20:35 Boxing-Workout A111 / Alex		

WOCHENPLAN CLUBSAAL

ZEITRAUM:	Herbst 2025			
MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
	15:00 -16:30 Kopfwerkstatt A07 / Irmgard			
			18:00 - 19:00 ONLINE Bodyforming O12 / Anna	