

HERBSTFERIENPLAN

WOCHE 1

Montag, 14-10-2019					
Saal 1			Saal 2		
			15:30 - 16:15	Rehasport	Ute
			16:15 - 17:00	Rehasport	Ute
17:00 - 18:00	BBP	Bettina	18:00 - 19:00	Spinning	Bettina
19:30 - 20:30	Pilates	Andrea			

Dienstag 15-10-2019					
Saal 1			Saal 2		
10:30 - 11:30	Wirbelsäulengymn.	Ute			
			17:00 - 18:00	Wirbelsäulengymn.	Ute
			18:00 - 19:00	Spinning	Ute
			20:00 - 21:00	Rehasport	Ute

Mittwoch 16-10-2019					
Saal 1			Saal 2		
14:30 - 15:30	Pilates	Andrea			

Donnerstag 17-10-2019					
Saal 1			Saal 2		
09:30 - 10:30	BBP	Bettina	09:30 - 10:15	Rehasport	Ute
			10:30 - 11:30	Rückenfitness	Ute
			17:00 - 17:45	Rehasport	Ute
18:15 - 19:45	Ballett	Lea	18:00 - 19:00	XCO	Renate
19:45 - 21:15	Modern / Jazz	Lea	19:00 - 20:00	Spinning	Renate

Freitag 18-10-2019					
Saal 1			Saal 2		
09:30 - 10:30	Pilates	Andrea			
18:30 - 19:30	Zumba	Marina			

Samstag 20-10-2019					
Saal 1			Saal 2		
			09:30 - 10:30	Spinning	Bettina
			10:30 - 11:30	BBP	Bettina

WOCHE 2

Montag, 21-10-2019					
Saal 1			Saal 2		
09:00 - 13:00	Herbstcamp 1	Andrea	15:30 - 16:15	Rehasport	Ute
13:00 - 16:00	Herbstcamp 2	Andrea	16:15 - 17:00	Rehasport	Ute
17:00 - 18:00	BBP	Bettina	18:00 - 19:00	Spinning	Bettina

Dienstag 22-10-2019					
Saal 1			Saal 2		
09:00 - 13:00	Herbstcamp 1	Andrea	10:30 - 11:30	Wirbelsäulengymn.	Ute
13:00 - 16:00	Herbstcamp 2	Andrea			
			17:00 - 18:00	Wirbelsäulengymn.	Ute
			18:00 - 19:00	Spinning	Ute
			19:00 - 20:00	Bodyworkout	Kathi
			20:00 - 21:00	Rehasport	Ute

Mittwoch 23-10-2019					
Saal 1			Saal 2		
09:00 - 13:00	Herbstcamp 1	Andrea			
13:00 - 16:00	Herbstcamp 2	Andrea			

Donnerstag 24-10-2019					
Saal 1			Saal 2		
09:00 - 13:00	Herbstcamp 1	Andrea	09:30 - 10:15	Rehasport	Ute
13:00 - 16:00	Herbstcamp 2	Andrea	10:30 - 11:30	Rückenfitness	Ute
			17:00 - 17:45	Rehasport	Ute
18:15 - 19:45	Ballett	Lea	18:00 - 19:00	XCO	Renate
19:45 - 21:15	Modern / Jazz	Lea	19:00 - 20:00	Spinning	Renate

Freitag 25-10-2019					
Saal 1			Saal 2		
09:00 - 13:00	Herbstcamp 1	Andrea			
13:00 - 16:00	Herbstcamp 2	Andrea			
18:30 - 19:30	Zumba	Marina	18:30 - 19:30	Gymnastik	Anna

Samstag 26-10-2019					
Saal 1			Saal 2		
			09:30 - 10:30	Spinning	Bettina
			10:30 - 11:30	BBP	Bettina