


FZA - Kursplan ab Februar

1= Kursraum

2= Spinning- Raum im Erdgeschoß

3= Sporthalle im Erdgeschoß

Montag		Dienstag		Mittwoch			Donnerstag		Freitag		Samstag		
1	2	1	2	1	3	2	1	2	1	2	2		
		Bauch 9.15-9.40					Rehasport 9.15-10.00		Rehasport 9.15-10.00	Spinning-Senioren 9.15- 10.15			
		Body-Style 9.45-10.45	Spinning-Senioren 11.00- 11.55						Body- Mix 10.00-11.00		Rehasport 10.05-10.50		
		Senioren-Gym 12.00- 13.00							Pilates 11.00-12.00		Senioren-Gym 11.00-12.00		
		WS-Gym 17.00- 17.55									Rehasport 15.00-15.45		
Body-Mix 18.00- 18.55	Team-Rowing 18.00-18.55	Effective 18.00- 19.10					Rehasport 13.45-14.30		Yoga 17.30-18.40		Rehasport 15.55-16.40		Aroha 13.30-14.30
							Rehasport 14.35-15.20				Effective 16.45-17.45		Spinning 14.35-15.35
				Intensiv 17.30-18.25		Spinning 18.15-19.15		Rehasport 16.45-17.45					
				Rehasport 18.30-19.15				Effective 17.55-19.00	Spinning 18.30-19.30				
Step 19.00- 19.55	Team-Rowing 19.10-20.10	Muscle Power 19.15-20.15	Spinning Grundlagen Ausdauer 19.30- 21.00	Aerobic 19.30-20.25		Spinning 19.30- 20.30		Muscle Power 17.55-19.00					
Body-Style 20.00-21.00				Bauch 20.30-21.00			WS- Gym 19.45- 20.45	ZUMBA 19.00-20.00					

Fitness:

Mo: 10.00-22.00 Uhr
 Mi: 14.00-22.00 Uhr
 Di, Do, Fr: 09.00-22.00 Uhr
 Sa: 13.00-17.00 Uhr
 So: 10.00-16.00 Uhr

Walking/Nordic-Walking

Start ca. 15.30 Uhr ab FZA
 bis ca. 17.00 Uhr

Sauna:

Mo: 10.00-22.30 Uhr (14.00-22.30 Damensauna)
 Mi: 14.00-22.30 Uhr
 Di, Do, Fr: 09.00-22.30 Uhr (Do. 09.00-11.30 Damensauna)
 Sa: 13.00-19.00 Uhr
 So: 10.00-17.00 Uhr