

# FZA - Kursplan ab April 2022

1= Kursraum

2= Spinning- Raum im Erdgeschoß

3= Sporthalle im Erdgeschoß

| Montag                    |                            | Dienstag                  |                             |   | Mittwoch   |                         | Donnerstag              | Freitag                     |                             |                                 | Samstag                 |
|---------------------------|----------------------------|---------------------------|-----------------------------|---|--|-------------------------|-------------------------|-----------------------------|-----------------------------|---------------------------------|-------------------------|
| 1                         | 2                          | 1                         | 3                           | 2   | 1  | 2                       | 1                       | 1                           | 3                           | 2                               | 2                       |
|                           |                            |                           |                             |   |  |                         |                         | Rehasport<br>9.15-10.00     |                             | Spinning-Senioren<br>9.15-10.15 |                         |
|                           |                            | Body-Style<br>9.45-10.30  |                             |   |  |                         |                         | Body-Mix<br>10.00-11.00     | Rehasport<br>10.05-10.50    |                                 |                         |
|                           |                            | Pilates<br>10.45- 11.30   |                             | Spinning-Senioren<br>11.00- 12.00               |  |                         |                         | Senioren-Gym<br>11.00-12.00 |                             |                                 | Aroha<br>13.30-14.30    |
|                           |                            | WS-Gym<br>17.00- 18.00    |                             |   | Rehasport<br>14.30-15.15   |                         |                         |                             |                             |                                 |                         |
|                           |                            |                           |                             |   | Rehasport<br>15.25-16.10   |                         |                         |                             |                             |                                 | Spinning<br>14.35-15.35 |
| Body-Mix<br>18.00- 18.45  |                            |                           |                             |   | Intensiv<br>17.30-18.15  |                         | Yoga<br>17.30-18.45     | Rehasport<br>16.00-16.45    | Muscle Power<br>17.50-19.00 |                                 |                         |
|                           |                            | Effective<br>18.15- 19.15 |                             |   |  | Spinning<br>18.15-19.15 |                         |                             | Sporthalle                  |                                 |                         |
| Aroha<br>19.00-19.45      | Team-Rowing<br>19.00-20.00 |                           | Muscle Power<br>19.15-20.15 |   | Rehasport<br>18.30-19.15   |                         | WS- Gym<br>19.00- 20.00 |                             |                             |                                 |                         |
| Body-Style<br>20.00-21.00 |                            |                           | Sporthalle                  | Spinning Grundlagen<br>Ausdauer<br>19.30- 21.00 | Aerobic<br>19.30-20.30   | Spinning<br>19.30-20.30 |                         |                             |                             |                                 |                         |
|                           |                            |                           |                             |   | Bauch<br>20.30.21.00   |                         |                         |                             |                             |                                 |                         |

## Fitness:

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

## Walking/Nordic-Walking

Start ca. 17:00 Uhr ab FZA  
 bis ca. 18:30 Uhr

## Sauna:

Mo & Di: 10.00-22.30 Uhr (Mo: 14.00-22.30 Damensauna)  
 Mi: 14.00-22.30 Uhr  
 Do: 11.00-22.30 Uhr  
 Fr: 10.00-22.00 Uhr  
 Sa: 13.00-18.00 Uhr  
 So: 10.00-17.00 Uhr