

Montag

10.30 - 11.30 Fatburner Ilona 1	10.30 - 11.00 Wassergymnastik 4
11.30 - 12.30 Bodystyling Ilona 1	11.30 - 12.30 ¾ Dance Stephanie 2
17.00 - 18.00 Yoga Ina 1	
18.00 - 19.00 Bodystyling Ina 1	18.00 - 19.00 Pilates Bettina 2
19.15 - 20.15 Indoor Cycling Bettina 2	18.30 - 19.15 Aquajogging 4

Dienstag

8.30 - 09.30 Rückenfitness Carlotta 1	9.00 - 10.00 BBP Ilona 2
9.30 - 10.30 Rückenfitness Carlotta 1	10.00 - 11.00 Bauch intensiv + Stretching Ilona 2
10.30 - 12.00 Yoga Rücken Carlotta 1	11.30 - 12.15 Aquajogging 4
18.30 - 19.30 Push it! René 1	18.30 - 19.15 Aquajogging 4
19.30 - 20.30 Kung Fu Hoang Quang 1	18.30 - 19.15 Aquafitness Katrin 4
19.30 - 20.30 Indoor Cycling René 2	

Mittwoch

10.15 - 11.15 Pilates Stephanie 1	10.30 - 11.30 Indoor Cycling Ilona 2	10.30 - 11.00 Wassergymnastik 4
11.15 - 12.45 Qi Gong Stephanie 1		11.30 - 12.15 Aquajogging 4
	17.00 - 18.00 Kinderfitness Lisa 3	
18.00 - 19.00 Bodystyling Andrea B. 1	18.00 - 20.00 Volleyball Fortgeschritten Nico 5	
19.00 - 20.00 Step Aerobic M Andrea B. 1	19.00 - 20.00 Lateinamerikan Partnertänze A Boris/ Madl. 2	
20.00 - 21.00 Lateinamerikan. Partnertänze F Boris/ Madl. 1	20.15 - 21.15 Rückenfitness Andrea D. 2	19.30 - 20.15 Aquajogging 4

Legende:

1 - großer Kursraum	4 - Wasserkurse
2 - kleiner Kursraum	5 - Outdoor
3 - Wellness Kursraum	6 Sporthalle Riesaerstr.

Donnerstag

08.10 - 09.05 Rückenfitness Ilona 1	
09.05 - 10.00 Rückenfitness Ilona 1	
10.00 - 11.00 Bodystyling Ilona 1	10.00 - 11.30 Yoga Ina 2
	11.30 - 12.15 Aquajogging 4
18.00 - 19.00 Rückenfitness Ina 1	17.30 - 19.00 Volleyball Anfänger Ilona 5
19.00 - 20.00 Push It Ina 1	20.00 - 22.00 Yoga Carlotta 2

Freitag

10.30 - 12.00 Fitness Trio Ilona 1	10.30 - 11.00 Wassergymnastik 4
17.00 - 18.00 Kinderfitness Monika 3	
18.00 - 19.00 BBP Monika 1	17.45 - 19.15 Indoor Cycling/ Stretching+Entsp Ilona 2
19.00 - 20.00 Power Dance Monika 1	18.00 - 20.00 Fussball freies Training 5
	19.30 - 20.15 Aquajogging 4

Samstag

15.00 - 16.30 Fitness Trio Ilona 1	17.30 - 18.30 Tai Chi Hoang Quang 1
11.00 - 12.00 Aerobic-Special Katja 1	
12.00 - 13.00 Workout-Power Katja 1	

Sonntag