

# Stundenplan (24.10.11 - 08.04.2012)

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
	Raum 1	Raum2	Raum 1	Raum2	Raum 1	Raum2	Raum 1	Raum2	Raum 1	Raum2	Raum 1	Raum2	Raum 1	Raum2
08:00														
08:10														
08:20							06:00 Chi Yoga (50 min) Michèle							
08:30			08:30 Balance Gym2 Bernadette											
08:40														
08:50	08:50 Balance Gym 1 Bernadette													
09:00		09:00 Pilates Michèle												
09:10														
09:20														
09:30														
09:40														
09:50														
10:00	10.00 Pilates Franklin Meth. integriert Bernadette													
10:10		10.00 Chi Yoga Michèle												
10:20														
10:30														
10:40														
10:50														
11:00														
12:00														
13:00														
14:00														
15:00														
16:00														
17:00														
17:10														
17:20														
17:30														
17:40														
17:50														
18:00														
18:10														
18:20														
18:30														
18:40	18.30 Balance Gym3 Bernadette	18.30 Pilates Michèle	18.30 Dance Aerobic Sarah	18.00 Balance Pump Marlis	18.00 Therapeutisches Training Bernadette		18.30 Balance Gym3 Bernadette	18.30 Balance Bodywork Mirjam						
18:50														
19:00														
19:10														
19:20														
19:30														
19:40	19.30 Master Gym Bernadette	19.30 Balance Pump Marlis	19.30 Balance Bodywork Sarah	19.00 Master Balance Cycling (120 min) Guido	19.00 Balance Gym3 Bernadette	19.00 Pilates Michèle	19.30 Balance Gym3 Bernadette				19.00 Master Balance Cycling (120 min) Corina / Michèle			
19:50														
20:00														
20:10														
20:20														
20:30	20.30 Rückbildung Gym Bernadette	20.30 Indoor Cycling Guido	20.30 Balance Gym3 Bernadette		20.00 Mixed Aerobic Monika	20.00 Chi Yoga Michèle		19.45 Balance Cycling (75 min) Toni / Michèle						
20:40														
20:50														
21:00														
21:10														
21:20														
21:30														
21:40														
21:50														
22:00														

**Öffnungszeiten Krafraum**

Montag	08:00 - 11:30 / 15:00 - 22:00
Dienstag	08:00 - 11:30 / 14:00 - 22:00
Mittwoch	08:00 - 11:30 / 15:00 - 22:00
Donnerstag	08:00 - 11:30 / 15:00 - 22:00
Freitag	08:00 - 13:30 / 15:00 - 21:00
Sa/So	09:00 - 13:00

**Kinderhort**

Mo-Fr	9.00 - 11.00
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Mit Kinderhort