

## WOCHENPLAN GYMNASTIKRAUM

ZEITRAUM: Frühjahr 2019

Zeit	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00							
08:15							
08:30							
08:45					08:00 - 08:55 Beckenbodengym A60 / Sabine S.		
09:00	09:00-10:10						
09:15		09:00 - 10:00 HS-ASKÖ 20 Sarah		09:00 - 10:00 HS - Sport /ASKÖ Sarah		09:00 - 10:00 Zumba & More A21 / Patricia	
09:30	WGYM A01 / Sabine S.		09:00 - 10:05 Kriechen und Krabbeln A29 / Sabine S.		09:15 - 10:20 WGYM A05 / Sabine S.		
09:45							
10:00							
10:10							
10:15						10:05 - 11:00 Zumba A81/ Annik	
10:30							
10:45	10:15 - 11:20 Kriechen und Krabbeln A25 / Sabine S.	10:30-11:25 Golden Girls Dance Salasation A46 / Petra	10:15 - 11:20 All in one A11 / Sabine S.	10.15 - 11:15 Männersache A15 / Nathalie	10:30 - 11:35 Minifit A31 / Elvira		
11:00							
11:15							
11:30							
11:45							
12:00	11:30 - 12:25 Faszientraining A86 / Sabine S.		11:30 - 12:25 Beckenbodengym A57 / Sabine S.	11:30 - 12:30 Männersache A15b / Nathalie			
12:15							
12:30							
12:45							
13:00						13:00 - 14:00 HipHop Teens A 35 / Mark	
13:15							
13:30							
14:00							
14:15							
14:30		14:30 - 15:30 WGYM A02 / Brigitte	14:00 - 15:15 Seniorfit A51 / Maria/Brigitte				
14:45							
15:00				15:00 - 16:00 Kriechen - Krabbeln			
15:30	15:30- 16:25						
15:30		15:35 - 16:30 Kriechen - Krabbeln 1. Schritte A78 / Elvira	15:30 - 16:30 Minifit A53 / Anna	1. Schritte A45 /Elvira	15:00-16:00 Minifit A31 / Sabine S.		
15:45	Osteoporose A18 / Monika						
16:00							
16:15							
16:30	16:30 - 17:25			16:10 - 17:10 Maxifit A83 /Elvira	16:00 - 17:00 Hiphop A39 / Sabrina		
16:45							
17:00	Pilates A08 / Monika		16:45 - 17:45 Maxifit A56 / Anna				
17:15		17:30 - 18:20 Step Aerobic A 66 /Sabine G.		17:15 - 18:25 WGYM A04 /Regine	17:30 - 18:40 Bodyforming A87 / Anna		
17:25			18:00 - 18:55 Salsation SP42 / Lucia				
17:30	17:30-18:25						
18:00	Rückenfit A24 / Monika	18:20 - 19:10 Bodyforming A74 / Sabine G.					17:30-18:30 Linedance A23 /Gerhard
18:25							
18:30	18:30 - 19:25 Yoga A61 / Roswitha		19:00 - 20:10 Power + Fun A06 / Lisi	18:30 - 19:40 Step-Aerobic A10 /Regine	18:50 - 20:00 Bauchtanz A19 / Nasi		
18:45		19:15 - 20:10 Zumba A13 / Kathi					
19:00							
19:15							
19:30	19:30 - 20:40 Bodyforming A12 / Anna						
19:45		20:15 - 21:10 Zumba A13b /Kathi					
20:00							
20:15					20:05 - 21:00 Taiji A16 / Nasi		
20:30							
20:45	18:00 - 18:55 Piloxing (Clubsaal)						
21:00							