

## Belegungsplan Obergeschoss Herbst Winter 2020/2021

| Uhrzeit       | Montag          |         | Dienstag      |         | Mittwoch  |         | Donnerstag    |         | Freitag |         | Samstag |         |
|---------------|-----------------|---------|---------------|---------|-----------|---------|---------------|---------|---------|---------|---------|---------|
|               | Kurs            | Fitness | Kurs          | Fitness | Kurs      | Fitness | Kurs          | Fitness | Kurs    | Fitness | Kurs    | Fitness |
| 08:00 - 08:30 |                 |         |               |         |           |         |               |         |         |         |         |         |
| 08:30 - 09:00 | Step            |         |               |         |           |         |               |         |         |         |         |         |
| 09:00 - 09:30 | Aerobic         |         | Yoga 1        |         |           |         |               |         |         |         |         |         |
| 09:30 - 10:00 |                 |         | 09:00-09:45   |         |           |         |               |         |         |         |         |         |
| 10:00 - 10:30 |                 |         | Yoga 2        |         |           |         |               |         |         |         | TaiChi  |         |
| 10:30 - 11:00 |                 |         | 10:00-10:45   |         |           |         |               |         |         |         |         |         |
| 11:00 - 11:30 |                 |         |               |         |           |         |               |         |         |         |         |         |
| 11:30 - 12:00 |                 |         |               |         |           |         |               |         |         |         |         |         |
| 12:00 - 12:30 |                 |         |               |         |           |         |               |         |         |         |         |         |
| 15:00 - 15:30 |                 |         |               |         |           |         |               |         |         |         |         |         |
| 15:30 - 16:00 |                 |         |               |         |           |         |               |         |         |         |         |         |
| 16:00 - 16:30 |                 |         |               |         |           |         |               |         |         |         |         |         |
| 16:30 - 17:00 |                 |         |               |         |           |         | Senioren      |         |         |         |         |         |
| 17:00 - 17:30 |                 |         |               |         |           |         | 16:45-17:30   |         |         |         |         |         |
| 17:30 - 18:00 |                 |         |               |         |           |         | Rückenfit (C) |         |         |         |         |         |
| 18:00 - 18:30 |                 |         |               |         | Damen-    |         | 17:45 - 18:30 |         |         |         |         | Novem-  |
| 18:30 - 19:00 | Zumba           |         |               |         | Gymnastik |         | Yoga 3        |         |         |         |         | ber     |
| 19:00 - 19:30 |                 |         | Step Aerobic  |         |           |         | 18:45-19:30   |         | Slings  |         |         | bis     |
| 19:30 - 20:00 | Zumba           |         | 18:45 - 19:45 |         |           |         | Yoga 4        |         |         |         |         | März    |
| 20:00 - 20:30 |                 |         | Slings        |         |           |         | 19:30-20:15   |         |         |         |         |         |
| 20:30 - 21:00 | Starke          |         |               |         | ab 20:10  |         | Herren-       |         |         |         |         |         |
| 21:00 - 21:30 | (Körper-) Mitte |         |               |         | Slings    |         | gymnastik     |         |         |         |         |         |
| 21:30 - 22:00 |                 |         |               |         |           |         |               |         |         |         |         |         |

Übungsleiter anwesend  
Übungsleiter nach Absprache