

	Montag			Dienstag			Mittwoch			Donnerstag		Freitag	
	indoor	outdoor	Aqua	indoor	Aqua	Aqua	indoor	out-/ indoor	Aqua	indoor	Aqua	Aqua	
9:00													
9:15						09:15 Aqua-Cycling			09:15 Aqua-Cycling				
9:30													
9:45						10:00			10:00				
10:00													
10:15													
10:30						10:30 Aquatic Flachwasser			10:30 Nordic Walking				
10:45													
11:00													
11:15													

16:00													
16:15													
16:30													
16:45													
17:00	17:00 Rücken								17:00 Aquatic Flachwasser				
17:15		17:15 Lauftreff Fortgeschr.		17:15 Boxing Fitness									
17:30													
17:45	18:00			18:15		18:00			18:00		17:30 Rücken		
18:00											18:30		
18:15	18:15 Indoor Cycling					18:45			18:45				
18:30				18:30 Indoor Cycling		19:00			19:00		18:45 Indoor Cycling	18:30 Aqua-Cycling	
18:45						19:45			19:45		19:45	19:15 Aqua-Cycling	19:00 Aqua-Cycling
19:00	19:15												
19:15													
19:30													
19:45													
20:00				19:45 Rücken		20:00			20:00		20:00 Rücken	19:30 Aqua-Cycling	
20:15						20:45			20:45			20:15 Aqua-Cycling	
20:30													
20:45													
21:00													
21:15													