

# Kursplan

ab September 2013

Öffnungszeiten  
 Mo-Do (werktags): 9:00-21:00, Fr (werktags): 9:00-19:00

|             | Montag                  |   |                                       | Dienstag                         |   |                                       | Mittwoch                          |   |   | Donnerstag                               |   |   | Freitag             |   |   |             |
|-------------|-------------------------|---|---------------------------------------|----------------------------------|---|---------------------------------------|-----------------------------------|---|---|--|---|---|---------------------|---|---|-------------|
|             | Multi-Training-Raum     | Zirkel-Training-Raum                      | Fitness-Training-Raum                 | Multi-Training-Raum              | Zirkel-Training-Raum                    | Fitness-Training-Raum                 | Multi-Training-Raum               | Zirkel-Training-Raum                      | Fitness-Training-Raum                   | Multi-Training-Raum                      | Zirkel-Training-Raum                    | Fitness-Training-Raum                   | Multi-Training-Raum | Zirkel-Training-Raum                      | Fitness-Training-Raum                   |             |
| 9:00-10:00  |                         | betreutes FitnessTraining<br><i>Julia</i> |                                       |                                  | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i> |                                   | betreutes FitnessTraining<br><i>Petra</i> |   |  | Express-Zirkel<br><i>Petra</i>          | freies Fitness-Training<br><i>Petra</i> |                     | betreutes FitnessTraining<br><i>Julia</i> |   | 9:00-10:00  |
| 10:00-11:00 |                         | betreutes FitnessTraining<br><i>Julia</i> |                                       | Medical Training<br><i>Alex</i>  | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i> | Kanga Training<br><i>Brigitta</i> | betreutes FitnessTraining<br><i>Petra</i> |   | Medical Training<br><i>Alex</i>          | Express-Zirkel<br><i>Petra</i>          | freies Fitness-Training<br><i>Petra</i> |                     | betreutes FitnessTraining<br><i>Julia</i> |   | 10:00-11:00 |
| 11:00-12:00 |                         | betreutes FitnessTraining<br><i>Julia</i> |                                       |                                  | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i> |                                   | betreutes FitnessTraining<br><i>Petra</i> |   |  | Express-Zirkel<br><i>Petra</i>          | freies Fitness-Training<br><i>Petra</i> |                     | betreutes FitnessTraining<br><i>Julia</i> |   | 11:00-12:00 |
| 12:00-13:00 |                         |   |                                       |                                  |   |                                       |                                   |   |   |  |   |   |                     |   |   | 12:00-13:00 |
| 13:00-14:00 |                         |   |                                       |                                  | betreutes FitnessTraining<br><i>Tom</i> |                                       |                                   |   |   |  | betreutes FitnessTraining<br><i>Tom</i> |   |                     |   |   | 13:00-14:00 |
| 14:00-15:00 |                         |   |                                       |                                  | betreutes FitnessTraining<br><i>Tom</i> |                                       |                                   |   |   |  | betreutes FitnessTraining<br><i>Tom</i> |   |                     |   |   | 14:00-15:00 |
| 15:00-16:00 |                         |   |                                       |                                  | betreutes FitnessTraining<br><i>Tom</i> |                                       |                                   |   |   |  | betreutes FitnessTraining<br><i>Tom</i> |   |                     |   |   | 15:00-16:00 |
| 16:00-17:00 |                         |   |                                       |                                  | Medical Training<br><i>Tom</i>          |                                       |                                   |   |   |  | Medical REHA-Training<br><i>Tom</i>     |   |                     | Express-Zirkel<br><i>Franz</i>            | freies Fitness-Training<br><i>Franz</i> | 16:00-17:00 |
| 17:00-18:00 |                         | Express-Zirkel<br><i>Tom</i>              | freies Fitness-Training<br><i>Tom</i> |                                  | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i> |                                   | Express-Zirkel<br><i>Julia</i>            | freies Fitness-Training<br><i>Julia</i> |  | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i>   |                     | Express-Zirkel<br><i>Franz</i>            | freies Fitness-Training<br><i>Franz</i> | 17:00-18:00 |
| 18:00-19:00 |                         | Express-Zirkel<br><i>Tom</i>              | freies Fitness-Training<br><i>Tom</i> | BOKWA Level 1<br><i>Angelika</i> | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i> |                                   | Express-Zirkel<br><i>Julia</i>            | freies Fitness-Training<br><i>Julia</i> | Fitness-Boxen*<br><i>Christian</i>       | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i>   |                     | Express-Zirkel<br><i>Franz</i>            | freies Fitness-Training<br><i>Franz</i> | 18:00-19:00 |
| 19:00-20:00 | Pilates<br><i>Julia</i> | Express-Zirkel<br><i>Tom</i>              | freies Fitness-Training<br><i>Tom</i> | BOKWA Level 2<br><i>Angelika</i> | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i> |                                   | Express-Zirkel<br><i>Julia</i>            | freies Fitness-Training<br><i>Julia</i> | Selbst-Verteidigung*<br><i>Christian</i> | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i>   |                     | Express-Zirkel<br><i>Franz</i>            | freies Fitness-Training<br><i>Franz</i> | 19:00-20:00 |
| 20:00-21:00 |                         | Express-Zirkel<br><i>Tom</i>              | freies Fitness-Training<br><i>Tom</i> |                                  | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i> |                                   | Express-Zirkel<br><i>Julia</i>            | freies Fitness-Training<br><i>Julia</i> |  | Express-Zirkel<br><i>Tom</i>            | freies Fitness-Training<br><i>Tom</i>   |                     | Express-Zirkel<br><i>Franz</i>            | freies Fitness-Training<br><i>Franz</i> | 20:00-21:00 |

\*Start mit Jänner 2014