

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

\*Start mit Jänner 2014