

## Belegungsplan Gymnastikraum

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	<b>Vormittag</b>					
09:00			09.00 - 10.00	09:00 - 10:45		
09:15			Indoor-cycling	Senioren-		
09:30			Sandy Graupner	gymnastik		
09:45				Christa Eiblmeier		
10:00						
10:15						
10:30						
10:45						
	<b>Nachmittag</b>					
14:30						
14:45						
15:00						
15:15						
15:30						
15:45						
16:00						
16:15						
16:30						
16:45						
17:00						
17:15						
17:30						
17:45	17.45 - 18.45					
18:00	Indoor-cycling					
18:15	Bettina Führer	18.15 - 19.45				
18:30		Step Workout				
18:45		Manuela Starnecker				
19:00	19:00 - 20:00		19.00 - 20.00	19.00 - 20.00		
19:15	Rückenfit		Bodystyling	ZUMBA		
19:30	Bettina Führer		Gerdi Zirhut	Ludmilla Rausch		
19:45						
20:00						
20:15						
20:30						
20:45						
21:00						

Stand 10.04.2017