

# Belegungsplan Sportstudio - Winter 2019/2020

|       | Montag          | Dienstag            | Mittwoch            | Donnerstag           | Freitag                   | Samstag       |
|-------|-----------------|---------------------|---------------------|----------------------|---------------------------|---------------|
| 09:00 |                 |                     |                     | Senioren-Gymnastik   |                           |               |
| 09:30 |                 |                     |                     | 09:00 - 10:45        |                           |               |
| 10:00 |                 |                     |                     | Christa Eiblmeier    |                           | Golden Girls  |
| 10:30 |                 |                     |                     |                      |                           | 10:00 - 12:00 |
| 11:00 |                 |                     |                     |                      |                           | Bart, Vera    |
| 11:30 |                 |                     |                     |                      |                           |               |
| 12:00 |                 |                     |                     |                      |                           |               |
|       |                 |                     |                     |                      |                           |               |
| 14:30 |                 |                     | Golden Girls - Mini |                      | Golden Girls - 8-15 Jahre |               |
| 14:45 |                 |                     | 14:30 - 16:00       |                      | 14:30 - 18:15             |               |
| 15:00 |                 |                     | Bart, Vera          |                      | Bart, Vera                |               |
| 15:15 |                 |                     | Marchner, Isabel    |                      |                           |               |
| 15:30 |                 |                     |                     |                      |                           |               |
| 15:45 |                 |                     |                     |                      |                           |               |
| 16:00 |                 |                     |                     |                      |                           |               |
| 16:15 |                 |                     |                     |                      |                           |               |
| 16:30 |                 |                     |                     |                      |                           |               |
| 16:45 |                 |                     |                     |                      |                           |               |
| 17:00 |                 |                     |                     |                      |                           |               |
| 17:15 |                 |                     |                     |                      |                           |               |
| 17:30 |                 |                     |                     |                      |                           |               |
| 17:45 |                 |                     | Indoor Cycling      |                      |                           |               |
| 18:00 |                 |                     | 17:45 - 18:45       | Indoor Cycling       |                           |               |
| 18:15 |                 | Step Workout        | Bache, Max          | 18:00 - 19:00        |                           |               |
| 18:30 |                 | 18:15 - 19:15       |                     | Seidl, Markus / Tina | Body-Fit                  |               |
| 18:45 |                 | Starnecker, Manuela |                     |                      | 18:30 - 19:30             |               |
| 19:00 | Rückenfit       |                     | Bodystyling         | Indoor Cycling       | Lisa Berreiter            |               |
| 19:15 | 19:00 - 20:00   |                     | 19:00 - 20:00       | 19:00 - 20:00        | (bis Mitte Nov)           |               |
| 19:30 | Führer, Bettina | Indoor Cycling      | Zirhut, Gerdi       | Seidl, Markus / Tina |                           |               |
| 19:45 |                 | 19:30 - 20:30       |                     |                      |                           |               |
| 20:00 |                 | Starnecker, Rudi    |                     | Zumba                |                           |               |
| 20:15 |                 |                     |                     | 20:00 - 21:00        |                           |               |
| 20:30 |                 |                     |                     | Busenius, Irina      |                           |               |
| 20:45 |                 |                     |                     |                      |                           |               |
| 21:00 |                 |                     |                     |                      |                           |               |

Winterplan gültig bis 01.04.2020, Stand: 01.10.2019