

Abteilung „fit & gesund“ – Sommerferienplan vom 01.08. – 12.09.2022

| Montag - 01.08.21   | Dienstag   | Mittwoch | Donnerstag   | Freitag   |
|---|--|----------|--|---|
| 8:00 – 9:00<br><b>Yoga*</b><br>> nur online !!                      |  |          | 8:30 – 9:30<br><b>Power-Fun-Moves*</b><br>> Katrin – Halle 9 | Stunden mit *<br>finden zusätzlich per<br>Zoom Meeting statt! |
| 9:00 – 10:00<br><b>Fat Burner / Step</b><br>> Evi - Halle 6         |  |          | 9:30 – 10:30<br><b>Pilates*</b><br>> Katrin – Halle 9        |   |
| 10:15 – 11:15<br><b>Pilates</b><br>> Evi – Halle 9                  |  |          |  |   |
| 18:30 – 20:00<br><b>Muscle &amp; Condition</b><br>> Evi – Halle 4/5 | 18:00 – 19:00<br><b>Pilates</b><br>> Evi – Halle 4/5 |          | 18:00 – 19:00<br><b>HIIT the Beat</b><br>> Julia – Halle 8   |   |
| 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert                  | 19:00 – 20:00<br><b>Step</b><br>> Evi – Halle 9      |          | 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert           |   |
| 20:00 – 21:00<br><b>Power-Fun-Moves*</b><br>> Katrin – Halle 9      |  |          |  |   |
| 21:00 – 22:00<br><b>Pilates*</b><br>> Katrin – Halle 9              |  |          |  |   |
|   |  |          |  |   |
| Montag - 08.08.21   | Dienstag   | Mittwoch | Donnerstag   | Freitag   |
| 8:00 – 9:00<br><b>Yoga*</b><br>> nur online !!                      |  |          | 8:30 – 9:30<br><b>Power-Fun-Moves*</b><br>> Katrin – Halle 9 |   |
| 9:00 – 10:00<br><b>Fat Burner / Step</b><br>> Evi - Halle 6         |  |          | 9:30 – 10:30<br><b>Pilates*</b><br>> Katrin – Halle 9        |   |
| 10:15 – 11:15<br><b>Pilates</b><br>> Evi – Halle 9                  |  |          |  |   |
| 18:30 – 20:00<br><b>Muscle &amp; Condition</b><br>> Evi – Halle 4/5 | 18:00 – 19:00<br><b>Pilates</b><br>> Evi – Halle 4/5 |          |  |   |
| 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert                  | 19:00 – 20:00<br><b>Step</b><br>> Evi – Halle 9      |          | 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert           |   |
| 20:00 – 21:00<br><b>Power-Fun-Moves*</b><br>> Katrin – Halle 9      |  |          |  |   |
| 21:00 – 22:00<br><b>Pilates*</b><br>> Katrin – Halle 9              |  |          |  |   |
|   |  |          |  |   |

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| Montag - 15.08.21   | Dienstag   | Mittwoch | Donnerstag   | Freitag  |
|---|--|----------|--|--|
| <b>Feiertag</b><br><b>Maria Himmelfahrt</b>                 | 18:00 – 19:00<br><b>Pilates</b><br>> Evi – Halle 4/5 |          |  | Stunden mit *<br>finden zusätzlich per<br>Zoom Meeting statt |
|   | 19:00 – 20:00<br><b>Step</b><br>> Evi – Halle 9      |          | 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert         |  |
| Montag - 22.08.21   | Dienstag   | Mittwoch | Donnerstag   | Freitag  |
| 8:00 – 9:00<br><b>Yoga*</b><br>> nur online !!              |  |          |  | !  |
| 9:00 – 10:00<br><b>Fat Burner / Step</b><br>> Evi - Halle 6 |  |          |  |  |
| 10:15 – 11:15<br><b>Pilates</b><br>> Evi – Halle 9          | 18:00 – 19:00<br><b>Pilates</b><br>> Evi – Halle 4/5 |          | 18:00 – 19:00<br><b>Cardio Dance*</b><br>> Julia – Halle 8 |  |
| 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert          | 19:00 – 20:00<br><b>Step</b><br>> Evi – Halle 9      |          | 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert         |  |
| Montag - 29.08.21   | Dienstag   | Mittwoch | Donnerstag   | Freitag  |
| 8:00 – 9:00<br><b>Yoga*</b><br>> nur online !!              |  |          |  |  |
| 9:00 – 10:00<br><b>Fat Burner / Step</b><br>> Evi - Halle 6 |  |          | 18:00 – 19:00<br><b>HIIT the Beat</b><br>> Julia – Halle 8 |  |
| 10:15 – 11:15<br><b>Pilates</b><br>> Evi – Halle 9          |  |          | 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert         |  |
|   | 18:00 – 19:00<br><b>Pilates</b><br>> Evi – Halle 4/5 |          | 19:00-20:00<br><b>Fitness 50+</b><br>> Josef – Halle 9     |  |
| 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert          | 19:00 – 20:00<br><b>Step</b><br>> Evi – Halle 9      |          | 20:00-21:00<br><b>Flexibar</b><br>> Josef – Halle 9        |  |

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| Montag - 05.09.21   | Dienstag  | Mittwoch | Donnerstag   | Freitag  |
|---|---|----------|--|--|
| 8:00 – 9:00<br><b>Yoga*</b><br>> nur online !!                      | 9:00 – 10:00<br><b>Schongymnastik</b><br>> Josef – Halle 6    |          |  | 8:30 – 9:30<br><b>Flexi Bar</b><br>> Anja – Halle 6      |
| 9:00 – 10:00<br><b>Fat Burner / Step</b><br>> Evi - Halle 6         | 10:00 – 11:00<br><b>Fitnessgymnastik</b><br>> Josef – Halle 6 |          | 18:00 – 19:00<br><b>Cardio Dance*</b><br>> Julia – Halle 8 | 9:30 – 10:30<br><b>Roll Dich fit</b><br>> Anja – Halle 6 |
| 10:15 – 11:15<br><b>Pilates</b><br>> Evi – Halle 9                  |   |          | 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert         |  |
|   | 18:00 – 19:00<br><b>Pilates</b><br>> Evi – Halle 4/5          |          | 19:00-20:00<br><b>Fitness 50+</b><br>> Josef – Halle 9     |  |
| 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert                  | 19:00 – 20:00<br><b>Step</b><br>> Evi – Halle 9               |          | 20:00-21:00<br><b>Flexibar</b><br>> Josef – Halle 9        |  |
|   |   |          |  |  |
| Montag 12.09.   | Ab Dienstag gilt wieder der regulärer Stundenplan !!          |          |  |  |
| 8:00 – 9:00<br><b>Yoga*</b><br>> nur online !!                      |   |          |  |  |
| 9:00 – 10:00<br><b>Fat Burner / Step</b><br>> Evi - Halle 6         |   |          |  |  |
| 10:15 – 11:15<br><b>Pilates</b><br>> Evi – Halle 9                  |   |          |  |  |
| 18:30 – 20:00<br><b>Muscle &amp; Condition</b><br>> Evi – Halle 4/5 |   |          |  |  |
| 19:30 – 20:30<br><b>Indoor Cycling</b><br>> Robert                  |   |          |  |  |
|   |   |          |  |  |