

KURSRAUM & TRAININGSBEREICH

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SONNTAG |
|--------------------------------------|--------------------------------------|---|--------------------------------------|-----------------------------------|---------|
| 9:00 – 12:00 Rückenfitness | 9:00 – 11:00 Rückenfitness | 9:00 – 11:00 Rückenfitness | | 9:00 – 12:00 Rückenfitness | |
| | 10:00 – 10:45 Seniorengymnastik | | 9:00 – 11:00 Rückenfitness | 10:00 – 11:00 Wirbelsäulengym. | |
| 11:00 – 12:00 Wirbelsäulengym. | 11:00 – 12:00 Hatha Yoga (Fortg.) | 11:00 – 11:45 Seniorengymnastik | 11:00 – 11:45 Seniorengymnastik | | |
| | | | | | |
| 16:20 – 17:20 Hatha Yoga (Fortg.) | | | 16:30 – 17:30 Hatha Yoga (Fortg.) | | |
| 17:25 – 18:25 Hatha Yoga (Fortg.) | 17:30 – 18:30 Wirbelsäulengym. | 17:30 – 18:30 Hatha Yoga (Fortg.) | 17:30 – 18:30 Hatha Yoga (Fortg.) | | |
| 18:30 – 19:30 Wirbelsäulengym. | 18:30 – 19:30 Pilates | 18:30 – 19:30 Hatha Yoga (Anfänger) | 18:30 – 19:30 Wirbelsäulengym. | | |
| | 19:30 – 20:30 Pilates | 19:30 – 20:30 Hatha Yoga (Fortg.) | 19:30 – 20:30 Wirbelsäulengym. | | |
| 18:00 – 21:00 Rückenfitness | 17:00 – 21:00 Rückenfitness | 17:00 – 21:00 Rückenfitness | 17:00 – 20:00 Rückenfitness | | |

AUSSER HAUS KURSE

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG |
|--------|----------|---|------------|---|
| | | 8:00 – 9:00 Aqua-Jogging Schwimmhalle in Luth. Eisleben (saisonal) | | |
| | | | | 14:00 – 15:00 Aqua-Jogging Schwimmhalle in Luth. Eisleben (saisonal) |
| | | | | |
| | | 16:00 – 19:00 3 Kurse, je 1 Stunde Aqua-Jogging Schwimmhalle in Luth. Eisleben (saisonal) | | |