

Sommerferienplan 2022
1.8.22-12.9.22 (Stand 29.07.2022)

					1-5	8-12	15-19	22-26	29-2	5-9
Pre Work Fitness	Mo	07.45-08.30	online	Hannah Menz	√	√	√	√	√	√
Rücken Fit	Mo	08.00-08.55	Raum G	Lisa Schönemann	√	√	√	x	√	√
Fit am Morgen 1	Mo	09.00-09.55	Raum G	Lisa Schönemann	√	√	√	x	√	√
Aroha	Mo	10.00-10.55	Raum G	Andrea Rosenhammer	x	√	√	√	√	x
Emotional Moves	Mo	11.00-11.55	Raum G	Andrea Rosenhammer	x	√	√	√	√	x
Soft Walking	Mo	17:00-18:30	Outdoor	Uta Magister	√	√	√	√	√	√
Flexibar	Mo	17.00-17.55	Raum G	Andrea Rosenhammer	√	√	√	√	√	√
Connys dahoam fit	Mo	18.00-18.55	online	Cornelia Mißelbeck	x	x	x	√	√	√
Full Body Workout	Mo	17:00-17:55	Halle A	Vera Ostler	√	√	√	x	x	x
Rückenfit	Mo	18.00-18.55	Halle G	Vera Ostler	√	√	√	x	x	x
Yoga-Stretch & Relax	Mo	19.00-20.00	online	Cornelia Mißelbeck	x	x	x	√	√	√
Functional Fitness	Mo	19.00-19.55	Raum G	Friedrich Menhorn	√	√	√	√	√	√
Spielsportgymnastik	Mo	19.30-21.00	Halle A	Rolf „Loisl“ Steger	√	√	√	√	√	√
Stuhlgymnastik	Di	09.00-09.55	Raum G	Ernst Wildner	√	√	√	√	√	√
Senioren-gymnastik 1	Di	10.00-10.55	Raum G	Ernst Wildner	√	√	√	√	√	√
Sling Training 1	Di	17.00-17.55	Raum G	Rachel Leber	√	√	√	√	√	√
Senioren-gymnastik 2	Di	18.00-18.55	Halle B	Elka Epkes	√	√	√	√	√	√
Lauf-Gruppe für Fort.	Di	18.15-19.45	Outdoor	Rachel Leber	√	√	√	√	√	√
Pilates online	Di	18.15-19.15	online	Martina Dzienian-Barta	x	√	√	√	√	√
Powergymnastik	Di	20.00-20.55	Halle B	Eva Schulz	√	√	x	x	x	√
Pre Work Fitness	Mi	07.45-08.30	online	Hannah Mentz	√	√	√	√	√	√
Senioren-gymnastik 3	Mi	09.00-09.55	Raum G	Ernst Wildner	√	√	√	√	√	√
Walking-Treff	Mi	09.00-10.30	Outdoor	Lisa Schönemann	√	√	√	√	√	√
Senioren-gymnastik 4	Mi	10.00-10.55	Raum G	Ernst Wildner	√	√	√	√	√	√
Feldenkrais 1	Mi	11.00-11.55	Raum G	Offer Greenberg	√	√	√	√	√	√
Sling Training 2	Mi	17.00-17.55	Raum G	Rolf „Loisl“ Steger	√	√	√	√	√	√
Pilates	Mi	18.00-19.00	Raum G	Angelika Mayer	√	√	√	√	√	√
Frauenpower	Mi	18.00-18.45	Halle C+D	Rolf „Loisl“ Steger	√	√	√	√	√	√
Ganzkörperworkout	Mi	19.00-19.55	Raum G	Angelika Mayer	√	√	√	√	√	√
"KDS" Training	Mi	19.00-20.30	Halle C+D	Rolf „Loisl“ Steger	√	√	√	√	√	√

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Pre Work Fitness	Do	07.45-08.30	online	Hannah Mentz	√	√	√	√	√	√
Yoga Einsteiger & Fortgeschr.	Do	09:00-10:00	online	Cornelia Mißelbeck	x	x	x	√	√	√
Körperbildung	Do	10.00-10.55	Halle A+B	Monika Strnad	√	√	√	√	√	
Drums Alive- Golden Beats	Do	10.00-10.55	Raum G	Andrea Rosenhammer	√	√	√	√	√	√
Core-Board	Do	11.00-11.55	Raum G	Andrea Rosenhammer	√	√	√	√	√	√
Wogging	Do	17.30-19.00	Outdoor	Rolf „Loisl“ Steger	√	√	√	√	√	√
Tabatafitness	Do	18.00-18.55	Raum G	Eva Schulz	√	√	x	x	x	x
Fitter Rücken online	Do	18.30-19.30	online	Martina Dzienian-Barta	x	√	√	√	√	√
Body Fit	Do	19.00-19.55	Raum G	Eva Schulz	√	√	x	x	x	x
Fit am Morgen 2	Fr	08.00-08.55	Raum G	Lisa Schönemann	√	√	x	√	√	√
Fit am Morgen 3	Fr	09.00-09.55	Raum G	Lisa Schönemann	√	√	x	√	√	√
Rücken special	Fr	10.00-10.55	Raum G	Rolf „Loisl“ Steger	√	√	√	√	√	√
Flexibar	Fr	11.00-11.55	Raum G	Rolf „Loisl“ Steger	√	√	√	√	√	√
Feldenkrais 2	Fr	17.00-17.55	Raum G	Offer Greenberg	√	√	√	√	√	√