

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00		Senioren FitS					08:00
08:15		08:00-08:45					08:15
08:30		Senioren FitS					08:30
08:45	Rundum Fit Zirkel	08:45-09:30		Betriebs-sport	Rundum Fit Zirkel	Betriebs-sport	08:45
09:00	08:45-09:30	08:45-09:30		08:45-09:45	09:00-09:45	09:00-12:00	09:00
09:15		Betriebs-sport					09:15
09:30		09:30-11:00					09:30
09:45							09:45
10:00					XXL FitS		10:00
10:15					10:00-10:45		10:15
10:30							10:30
10:45							10:45
11:00							11:00
11:15							11:15
11:30							11:30
11:45							11:45
12:00	Firmen Fitness		Firmen Fitness				12:00
12:15	12:00-12:45		12:00-12:45				12:15
12:30							12:30
12:45							12:45

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
14:45							14:45
15:00							15:00
15:15							15:15
15:30							15:30
15:45							15:45
16:00		Koordination Seepferdchen	Koordination Tintenfische	Koordination Klasse 1/2			16:00
16:15		16:00-17:00	16:00-17:00	16:00-17:00			16:15
16:30	FitS Swim Kids						16:30
16:45	16:30-17:30						16:45
17:00		Koordination Krabben	Rundum Fit Zirkel	Koordination Klasse 3/4			17:00
17:15		17:00-18:00	17:00-17:45	17:00-18:00			17:15
17:30							17:30
17:45							17:45
18:00	Athletik L1	Koordination Fische		Athletik L1/W1			18:00
18:15	17:30-19:00	18:00-19:00		18:00-19:45			18:15
18:30			Easy Sling Training				18:30
18:45			18:30-19:15				18:45
19:00			Rundum Fit Zirkel		Yoga		19:00
19:15			19:15-20:00		19:00-20:15		19:15
19:30	Yoga						19:30
19:45	19:15-20:30						19:45
20:00							20:00
20:15							20:15
20:30							20:30
20:45							20:45
21:00							21:00