

| Montag                               |                                      | Dienstag |                                        | Mittwoch                                 |                                     | Donnerstag                               |             | Freitag                                   |                                  | Samstag     |          | Sonntag |          |
|--------------------------------------|--------------------------------------|----------|----------------------------------------|------------------------------------------|-------------------------------------|------------------------------------------|-------------|-------------------------------------------|----------------------------------|-------------|----------|---------|----------|
| WASSER                               | SALZRAUM                             | WASSER   | SALZRAUM                               | WASSER                                   | SALZRAUM                            | WASSER                                   | SALZRAUM    | WASSER                                    | SALZRAUM                         | WASSER      | SALZRAUM | WASSER  | SALZRAUM |
|                                      |                                      |          |                                        |                                          |                                     | 06:10 - 06:55<br>Early Bird Aqua<br>Suzi |             |                                           |                                  |             |          |         |          |
|                                      |                                      |          |                                        |                                          |                                     | 07:00 - 07:45<br>Early Bird Aqua<br>Suzi |             |                                           |                                  |             |          |         |          |
|                                      |                                      |          |                                        |                                          |                                     | 07:50 - 08:35<br>Early Bird Aqua<br>Suzi |             |                                           |                                  |             |          |         |          |
|                                      |                                      |          |                                        |                                          |                                     |                                          |             |                                           |                                  |             |          |         |          |
| 09:50 - 10:35<br>Aqua Vital<br>Olena |                                      |          |                                        |                                          |                                     |                                          | Kombikurs → | 09:40 - 10:25<br>Aqua & Atmung 1<br>Olena |                                  |             |          |         |          |
| 10:40 - 11:25<br>Aqua Vital<br>Olena | 10:30 - 11:15<br>Morning Fit<br>Mona |          |                                        |                                          |                                     |                                          | Kombikurs → | 10:30 - 11:15<br>Aqua & Atmung 2<br>Olena | 10:40 - 11:10<br>Aqua & Atmung 1 | ← Kombikurs |          |         |          |
|                                      |                                      |          |                                        |                                          |                                     |                                          |             |                                           | 11:30 - 12:00<br>Aqua & Atmung 2 | ← Kombikurs |          |         |          |
| WASSER                               | SALZRAUM                             | WASSER   | SALZRAUM                               | WASSER                                   | SALZRAUM                            | WASSER                                   | SALZRAUM    | WASSER                                    | SALZRAUM                         | WASSER      | SALZRAUM | WASSER  | SALZRAUM |
|                                      |                                      |          |                                        |                                          | 17:15 - 18:00<br>Yoga Fit<br>Mel    |                                          |             |                                           |                                  |             |          |         |          |
|                                      |                                      |          | 18:00 - 18:45<br>Rücken Fit<br>Kathrin | 17:45 - 18:30<br>Aqua Fun<br>Pamela      |                                     |                                          |             |                                           |                                  |             |          |         |          |
|                                      |                                      |          |                                        | 18:35 - 19:20<br>Aqua Training<br>Pamela | 18:15 - 19:00<br>Pilates Fit<br>Mel | 18:30 - 19:15<br>Aqua Training<br>Olena  |             |                                           |                                  |             |          |         |          |
|                                      |                                      |          | 19:00 - 19:45<br>Body Fit<br>Kathrin   | 19:25 - 20:10<br>Aqua Training<br>Pamela | 19:15 - 20:00<br>Klangreisen<br>Mel | 19:20 - 20:05<br>Aqua Training<br>Olena  |             |                                           |                                  |             |          |         |          |
|                                      |                                      |          |                                        |                                          |                                     | 20:10 - 20:55<br>Aqua Training<br>Olena  |             |                                           |                                  |             |          |         |          |

