

ZEIT	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTA G	SONNTAG	
	ROOM1	ROOM2	ROOM1	ROOM2	ROOM1	ROOM2	ROOM1	ROOM2	ROOM1	ROOM2	ROOM1	ROOM1	ROOM2
09.30	09.30-10.30 FITNESS- PARCOURS		09.00-10.00 ATHLETI K TRAINING			09.30-10.30 CROSSFIT	09.30-10.30 INTRO		09.30-10.30 FITNESS- PARCOURS		10.00-11.00 SPEZIAL TRAINING		
11.00											11.30-12.30 CROSSFIT		
12.15		12:15-13:15 CROSSFIT		12:15-13:15 CROSSFIT		12:15-13:15 CROSSFIT	12.15-13.15 FITNESS PARCOURS			12:15-13:15 CROSSFIT			
17:00			17:00-18:00 ATHLETI K TRAINING JUNIOR	17:00-18:00 OPEN GYM		17:00-18:00 WEIGHT- LIFTING		17:00-18:00 OPEN GYM		17:00-18:00 CROSSFIT			
18.00	17.30-18.30 FITNESS- PARCOURS		18.00-19.00 INTRO	18:00-19:00 CROSSFIT		18:00-19:00 CROSSFIT	18.00-19.00 FITNESS- PARCOURS		18.00-19.00 ZUMBA®	18:00-19:00 CROSSFIT			
19.15	18:45 - 19:45 LIFE TRAINING	18:30 - 19:30 CROSSFIT	19.15-20.15 ZUMBA®	19:00-20:00 CROSSFIT	19:15 - 20:15 LIFE TRAINING	19:00 - 21:00 OPEN GYM		19:00-20:00 CROSSFIT	19.15-20.15 INTRO	19:00-20:00 CROSSFIT			
20.15		19:30 - 21:00 OPEN GYM		20:00 - 21:00 OPEN GYM				20:00 - 21:00 OPEN GYM		20:00 - 21:00 OPEN GYM			
	LIFE TRAINING Fort- geschrittene	INTRO LIFETRAINING Einsteiger	ZUMBA® Rhythmus & Fitness	OPEN GYM freies Training	CROSSFIT	FITNESS- PARCOURS	WEIGHT- LIFTING Technik	ATHLETIK TRAINING ganzheitliches Körpertrainin g					

OPEN GYM: Sämtliche Trainingsräume stehen ausserhalb der Kurszeiten zur Verfügung.

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