

Schulthess Training – Zeitplan Gruppenkurse

Montag	07.35 – 08.25	Aqua-Fit	Donnerstag	07.35 – 08.25	Aqua-Fit
	10.05 – 10.55	Stretching (nur für Abonnenten Krafttraining)		10.05 – 10.55	Rückengymnastik
	11.05 – 11.55	Reha-Pilates/Basic		11.05 – 11.55	Pilates
	12.05 – 12.55	Reha-Pilates/Basic		11.05 – 11.55	Aqua-Fit
	12.05 – 12.55	Aqua-Fit		12.05 – 12.55	Aqua-Fit
	18.05 – 18.55	Multifit		12.05 – 13.20	Nordic-Walking
	18.05 – 18.55	Aqua-Fit		17.05 – 17.55	Aqua-Fit
	19.05 – 19.55	Pilates		18.05 – 18.55	Pilates für Fortgeschrittene
	19.05 – 19.55	Aqua-Fit		18.05 – 18.55	Aqua-Fit
Dienstag	07.05 – 07.55	Aqua-Fit	Freitag	07.35 – 08.25	Aqua-Fit
	09.05 – 09.55	Rückengymnastik		08.05 – 08.55	Reha-Pilates/Basic
	11.05 – 11.55	Aqua-Fit		09.05 – 09.55	Stretching (nur für Abonnenten Krafttraining)
	12.05 – 12.55	Pilates		10.05 – 10.55	Osteofit
	15.05 – 15.55	Aqua-Fit		11.05 – 11.55	Aqua-Fit
	18.05 – 18.55	Pilates		12.05 – 12.55	Dance Mix
	18.05 – 18.55	Aqua-Fit		12.05 – 12.55	Aqua-Fit
Mittwoch	07.35 – 08.25	Aqua-Fit	15.05 – 15.55	Aqua-Fit	
	10.05 – 10.55	Pilates	16.05 – 16.55	Aqua-Fit	
	12.05 – 12.55	Yoga	16.05 – 17.05	Yoga	
	12.05 – 12.55	Aqua-Fit	17.05 – 17.55	Aqua-Fit	
	16.05 – 16.55	Aqua-Fit	Samstag	09.05 – 09.55	Aqua-Fit
	18.05 – 18.55	Reha-Pilates/Basic		10.05 – 10.55	Aqua-Fit
	18.05 – 18.55	Aqua-Fit		11.05 – 11.55	Aqua-Fit