

Belegungsplan Therapie- und Schwimmbecken

Zeiten	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag												
	Innen	Aussen	Innen	Aussen	Innen	Aussen	Innen	Aussen	Innen	Aussen	Innen	Aussen	Innen	Aussen											
08:00						09.15-09.45																			
08:30	4 FF 8.30-15.15		4 FF 8.30-12.00		4 FF 8.45 – 14.00	Pro Senectute 08.30-11.00	Rheuma-Liga 9.00-11.30	10.15	Rheuma-Liga 08.30-11.00	Pro Senectute 08.30-11.00	10.15	5 FF 09.00-13.00	10.15	10.15											
09:00				Ortho-Aqua 09.15-09.45																					
09:30																									
10:00																									
10:30		10.15		10.15		10.15		10.15		10.15		10.15		10.15											
11:00																									
11:30		Aqua Pilates 11.15-12.00		11.15		11.15		11.15		11.15		11.15		11.15											
12:00			2 LS 12.00-16.00		3 LS 14.00-18.00		3 FF 12.00-15.30		3 LS 11.00-17.30		3 LS 13.30-17.00														
12:30																									
13:00																									
13:30						Pro Senectute 14.00-14.45																			
14:00																									
14:30																									
15:00																									
15:30		15.15		15.15		15.15		15.15		15.15		15.15		15.15											
16:00																									
16:30		16.15		16.15		16.15		16.15		16.15		16.15		16.15											
17:00																									
17:30	Rheuma-liga 15.30-20.00		Rheuma-liga 16.30-20.30		2 LS 18.00-20.00	Rheumaliga Aargau 18.10-19.00	Rheuma-liga 16.00-20.00		2 LS 18.00-20.00		Aqua Dance 19.30-20.20														
18:00																									
18:30																									
19:00																									
19:30																									
20:00																									
20:30								Flossentr. 20.10-21.00																	

Rheumaliga DE	Let's swim	Ortho-Aqua (Haltungskorrektur)	Aqua Group Dance
Wassergymnastik (kostenlos)	Pro Senectute	Aqua Pilates	Flossentraining
First Flow			