



# Belegungsplan Kurs- 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		Rheuma-Liga 08.30-11.00	Pro Senectute 08.30-11.00										
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																				
12:30																				
13:00																				
13:30																				
14:00			2 LS 12.00-16.00	Pro Senectute 14.00-14.45			3 FF 12.00-15.30			3 LS 11.00-17.30										
14:30																				
15:00																				
15:30		15.15		15.15	3 LS 14.00-18.00	15.15		15.15		15.15		15.15		3 LS 13.30-17.00						
16:00																				
16:30		16.15		16.15				16.15		16.15		16.15								
17:00																				
17:30	Rheuma-liga 15.30-20.00						Rheuma-liga 16.00-20.00													
18:00			Rheuma-liga 16.30-20.30			Rheumaliga Aargau 18.10-19.00														
18:30					2 LS 18.00-20.00					2 LS 18.00-20.00										
19:00																				
19:30																				
20:00																				
20:30								Flossentr. 20.10-21.00												

Rheumaliga DE  
Wassergymnastik (kostenlos)  
First Flow

Let's swim  
Pro Senectute

Ortho-Aqua  
Aqua Pilates

Aqua Group Dance  
Flossentraining