

# Beckenbelegungsplan 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 - 12.00	Pro Senectute 08.30-11.00	Rheuma-Liga 9.00-11.30	Rheuma-Liga 9.00-11.30	Pro Senectute 08.30-11.00	Rheuma-Liga 09.00-11.30	5 FF 09.00-13.00	10.15	10.15	10.15												
09:00				Aqua-Suse 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						09.30-10.15				09.30-10.15																
11:30		11.15		11.15		11.15		11.15		11.15		11.15		11.15												
12:00		Aqua Pilates 11.15-12.00						Aqua Health 10.15-10.30		Aqua Health 10.15-10.30																
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						3 LS 14.00-17.30																				
16:00																										
16:30																										
17:00																										
17:30	Rheuma-liga 15.30-20.00			Schulsport 16.30-18.30			Rheuma-liga 16.00-20.00	Schulsport 16.30-18.30																		
18:00			Rheuma-liga 16.30-20.30																							
18:30						2 LS 18.00-20.00				2 LS 18.00-20.00																
19:00																										
19:30										Aqua Dance 19.10-20.00																
20:00								Flossen. 20.00-20.45																		
20:30																										

Rheumaliga DE  
 Wassergymnastik (kostenlos)  
 First Flow

Let's swim  
 Pro Senectute

Aqua-Suse  
 Aqua Pilates

Aqua Health  
 Schulsport

Aqua Group Dance  
 Flossenschwimmen