

# Semesterferienprogramm

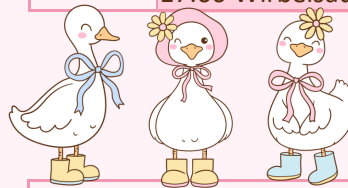
30. Jänner bis 08. Februar 2026



| FITNESS   |                    |            |
|-----------|--------------------|------------|
| Fr., 30.1 | 08:00-09:30 JP.fit | Karola     |
|           | 09:30-12:00        | Karola     |
| Sa., 31.1 | 08:00-12:00        | Martin     |
| So., 01.2 | 08:00-12:00        | Martin     |
| Mo., 02.2 | 08:00-12:00        | Angelika   |
|           | 16:00-20:00        | Anna       |
| Di., 03.2 | 08:00-12:00        | Karola     |
|           | 16:00-20:00        | Karola     |
| Mi., 04.2 | 08:00-12:00        | Claudia K. |
|           | 16:00-20:00        | Karola     |
| Do., 05.2 | 08:00-12:00        | Claudia K. |
|           | 16:00-20:00        | Anna       |
| Fr., 06.2 | 08:00-12:00        | Karola     |
| Sa., 07.2 | 08:00-12:00        | Angelika   |
| So., 08.2 | 08:00-12:00        | Martin     |

| P43 - VOLLEYBALL |                |           |
|------------------|----------------|-----------|
| Fr., 30.1        | 16:00 U14w     | Stefan    |
|                  | 18:00 H1       | Diego     |
|                  | 19:00 H2       | David     |
|                  |                |           |
| So., 01.2        | 10:00 U18/U20w | Alexander |
| Mo., 02.2        | 10:00 U18/U20w | Alexander |
|                  | 13:00 U16w     | Alexander |
|                  | 15:00 U14w     | Stefan    |
|                  | 17:00 U20m     | Yuuki     |
|                  | 19:00 H1       | Diego     |
|                  | 19:00 H2       | David     |
| Di., 03.2        | 10:00 U18/U20w | Alexander |
|                  | 13:00 U16w     | Alexander |
|                  | 15:00 U14w     | Stefan    |
|                  | 18:00 TG & H3  | Shirley   |
| Mi., 04.2        | 17:00 U20m     | Yuuki     |
|                  | 19:00 H1       | Diego     |
|                  | 19:00 H2       | David     |
|                  |                |           |
| Do., 05.2        | 10:00 U18/U20w | Alexander |
|                  | 13:00 U16w     | Alexander |
|                  | 15:00 U14w     | Stefan    |
|                  | 18:00 TG       | Shirley   |
|                  | 18:00 H3       | Raimund   |
|                  |                |           |
| Fr., 06.2        | 10:00 U18/U20w | Alexander |
|                  | 13:00 U16w     | Alexander |
|                  | 15:00 U14w     | Stefan    |
|                  | 18:00 H1       | Diego     |
|                  | 19:00 H2       | David     |
| So., 08.2        | 10:00 U18/U20w | Alexander |

| ONLINE    |                             |           |
|-----------|-----------------------------|-----------|
| Sa., 31.1 | 08:00 Yoga                  | Martina   |
|           | 09:00 Zumba                 | Martina   |
| So., 01.2 | 09:00 Pilates               | Petra     |
|           | 10:00 Bauch-Bein-Po         | Petra     |
|           | 17:00 Wirbelsäulengymnastik | Madeleine |
| Mo., 02.2 | 17:00 Sesselgymnastik       | Natascha  |
|           | 18:00 Pilates               | Natascha  |
| Di., 03.2 | 17:00 Pilates               | Petra     |
|           | 18:00 Bauch-Bein-Po         | Petra     |
| Mi., 04.2 | 08:00 Wirbelsäulengymnastik | Martina   |
|           | 17:00 Body Toning           | Petra     |
|           | 18:00 Tabata                | Petra     |
| Do., 05.2 | 17:00 Wirbelsäulengymnastik | Martina   |
|           | 18:00 Body Toning           | Martina   |
| Sa., 07.2 | 08:00 Yoga                  | Martina   |
|           | 09:00 Zumba                 | Martina   |
| So., 08.2 | 09:00 Pilates               | Petra     |
|           | 10:00 Bauch-Bein-Po         | Petra     |
|           | 17:00 Wirbelsäulengymnastik | Madeleine |



| QUELLENSTRASSE 56 |                                    |              |
|-------------------|------------------------------------|--------------|
| Fr., 30.1         | 17:00 Enorm in Form (10-14 J.)     | Petra/Martin |
|                   | 19:00 Yin Yoga (90 Min.)           | Maria        |
| Sa., 31.1         | 09:30 Kickboxen f. Erwachsene      | Gloria       |
| So., 01.2         | 09:30 Gym-Mix (75 Min.)            | Waltraud     |
|                   | 17:00 Zumba                        | Soheil       |
| Mo., 02.2         | 15:00 Osteoporose Gymn. (75 Min.)  | Karola       |
|                   | 16:30 Wirbelsäule & Bebo (75 Min.) | Karola       |
|                   | 18:00 Yoga Basic                   | Martina      |
|                   | 19:00 Zumba                        | Martina      |
| Di., 03.2         | 16:00 Bauch-Bein-Po                | Sabine       |
|                   | 17:00 Fatburning                   | Sabine       |
|                   | 18:00 Tabata                       | Veronika     |
|                   | 19:00 Power Wirbelsäule            | Veronika     |
| Mi., 04.2         | 16:00 Wirbelsäulengymnastik        | Birgit       |
|                   | 17:00 Bauch-Bein-Po                | Birgit       |
| Do., 05.2         | 17:00 Bauch-Bein-Po                | Monika       |
|                   | 18:00 Wirbelsäulengymnastik        | Monika       |
| Fr., 06.2         | 19:00 Yin Yoga (90 Min.)           | Maria        |
| Sa., 07.2         | 09:30 Kickboxen f. Erwachsene      | Gloria       |
| So., 08.2         | 09:30 Gym-Mix (75 Min.)            | Waltraud     |
|                   | 17:00 Zumba                        | Soheil       |

