

27. – 31. Oktober 2025		HERBSTFERIEN ZEITPLAN 2025										 				
www.wtv1862.at		VORMITTAG					NACHMITTAG									
MONTAG	TURNHALLE															
	GERÄTTURNHALLE															
	FECHTSAAL															
	GYM-SAAL 1															
	GYM-SAAL 2															
	GYM-SAAL 3	8.30-9.30  Morning Workout Julia Lehner					9.45-10.45  Symmetric Step & Variations Susi Wilzek					17.10-18.10  Mobility & Healthy Back Julia Lehner	18.00-19.00  INDOOR CYCLING Marion Salfinger-Görlich	18.20-19.20  Work-it-out Julia Lehner	19.15-20.15  INDOOR CYCLING Marion Salfinger-Görlich	
				17.45-18.45  Easy Step Susi Wilzek	18.55-19.55  Power Workout Susi Wilzek											
DIENSTAG	TURNHALLE															
	GERÄTTURNHALLE															
	FECHTSAAL															
	GYM-SAAL 1															
	GYM-SAAL 2															
	GYM-SAAL 3	8.15-9.15  Stabiler Rücken Julia Lehner	9.25-10.25  JACKPOT FIT Julia Lehner					17.15-18.15  Electronic Flow Yoga Lena Hutlak	18.15-19.15  Soft Moves Susi Wilzek	18.25-19.25  DEEPWORK® Angela Rebhandl	19.20-20.30  Dance Step Susi Wilzek					
								19.50-20.50  Men Power Männer ab 18 J. Yalcin Arslan/ Edi Bruckbauer								
MITTWOCH	TURNHALLE															
	GERÄTTURNHALLE															
	FECHTSAAL															
	GYM-SAAL 1															
	GYM-SAAL 2															
	GYM-SAAL 3	8.30-9.30  Rückenfit Teresa Bradler	8.45-9.45  Workout Susi Wilzek	9.45-11.00  Line Dance Maximilian Kopt	16.50-17.40  Intense Training Julia Lehner	16.00-16.55  Zumba™ Simona Reiser	17.45-18.10  Core & Stretch Espresso Julia Lehner	18.20-19.05  After Work Rücken Recovery im Gym 3 Angela Rebhandl	18.15-19.45  Tanz Erwachsene ab 17 J. Susi Wilzek	19.10-20.00  Cardio & Core Angela Rebhandl						
DONNERSTAG	TURNHALLE															
	GERÄTTURNHALLE															
	FECHTSAAL															
	GYM-SAAL 1															
	GYM-SAAL 2															
	GYM-SAAL 3			9.30-10.30  Fit Mix Günther Koller	9.40-10.55  BaLaDaFitness Maximilian Kopt	17.00-17.50  Faszien Fit & Stretch Günther Koller	18.15-19.45  Align & Shine Yoga Teresa Bradler	18.15-19.15  INDOOR CYCLING Günther Koller	18.15-19.15  Langhantel Angela Rebhandl/ Yalcin Arslan							
FREITAG	TURNHALLE															
	GERÄTTURNHALLE															
	FECHTSAAL															
	GYM-SAAL 1															
	GYM-SAAL 2															
	GYM-SAAL 3	8.30-9.30  Rückenglück Teresa Bradler	9.00-10.00  Workout Susi Wilzek	9.40-10.40  Stretch & Revive Yoga Sandra Schaller				17.00-18.00  Weekend Workout Susi Wilzek								
				Tanzen		Group Fitness Dance		Power Fitness		Soft Fitness		Optionale Kurse				