

13. Juli
bis
21. August
www.wtv1862.at

SOMMER – ZEITPLAN 2026



VORMITTAG

NACHMITTAG

24.06.2026

13. – 17. Juli

MONTAG
DIENSTAG
MITTWOCH
DONNERSTAG
FREITAG

8.30-9.30		Morning Workout Julia Lehner
8.15-9.15		Stabiler Rücken Julia Lehner
8.45-9.45		Workout Susi Wilzek
9.00-10.00		BaLaDaFitness Maximilian Kopt
8.15-9.15		Rückenglück Teresa Bradler

9.45-10.45		Symmetric Step & Variations Susi Wilzek
9.30-10.30		Zumba™ Lisa Nömeier
10.00-11.00		Gesunder Rücken Manuel Peter
10.10-11.10		Line Dance Maximilian Kopt
9.30-10.30		Workout Susi Wilzek

16.45-17.35		Back & Core Angela Rebhandl
17.25-18.25		Summer Workout Julia Lehner
17.10-18.10		Rückenfit Silke Bartl
16.15-17.05		Langhantel Angela Rebhandl
17.00-18.00		Weekend Workout Susi Wilzek

17.45-18.45		Easy Step Susi Wilzek
18.30-19.30		Soft Moves Susi Wilzek
18.15-19.15		Shape & Stretch Susi Wilzek
17.15-18.05		DEEPWORK® Summerspecial Angela Rebhandl

18.55-19.55		Power Workout Susi Wilzek
19.50-20.50		Men Power Yalcin Arslan
18.15-19.45		Align & Shine Yoga Teresa Bradler

20. – 24. Juli

MONTAG
DIENSTAG
MITTWOCH
DONNERSTAG
FREITAG

8.30-9.30		Aktiv in den Tag Angela Rebhandl
8.15-9.15		Rückenfit Angela Rebhandl
8.45-9.45		Workout Susi Wilzek
9.00-10.00		BaLaDaFitness Maximilian Kopt
8.15-9.15		Rückenglück Teresa Bradler

9.45-10.45		Symmetric Step & Variations Susi Wilzek
9.25-10.25		DEEPWORK® Summerspecial Angela Rebhandl
9.55-10.55		Fit Mix Günther Koller
10.10-11.10		Line Dance Maximilian Kopt
9.30-10.30		Workout Susi Wilzek

17.25-18.20		Langhantel Angela Rebhandl
16.20-17.10		DEEPWORK® Summerspecial Angela Rebhandl
17.10-18.10		Summer Workout Julia Lehner
17.00-18.00		Weekend Workout Susi Wilzek

17.45-18.45		Easy Step Susi Wilzek
18.30-19.30		Soft Moves Susi Wilzek
17.15-18.05		After Work Rücken & Recovery Angela Rebhandl
18.15-19.45		Align & Shine Yoga Teresa Bradler

18.55-19.55		Power Workout Susi Wilzek
19.50-20.50		Men Power Yalcin Arslan
18.15-19.15		Shape & Stretch Susi Wilzek

27. – 31. Juli

MONTAG
DIENSTAG
MITTWOCH
DONNERSTAG
FREITAG

8.30-9.30		Morning Workout Julia Lehner
8.15-9.15		Stabiler Rücken Julia Lehner
8.45-9.45		Workout Susi Wilzek
9.00-10.00		BaLaDaFitness Maximilian Kopt
8.15-9.15		Rückenglück Teresa Bradler

9.45-10.45		Symmetric Step & Variations Susi Wilzek
9.25-10.25		Fit for Life Workout Julia Lehner
10.00-11.00		Gesunder Rücken Manuel Peter
10.10-11.10		Line Dance Maximilian Kopt
9.30-10.30		Workout Susi Wilzek

17.20-18.20		DEEPWORK® Angela Rebhandl
16.15-17.10		Langhantel Angela Rebhandl
17.10-18.10		Workout Silke Bartl
17.00-18.00		Weekend Workout Susi Wilzek

17.45-18.45		Easy Step Susi Wilzek
18.30-19.30		Soft Moves Susi Wilzek
17.15-18.05		After Work Rücken & Recovery Angela Rebhandl
18.15-19.45		Align & Shine Yoga Teresa Bradler

18.55-19.55		Power Workout Susi Wilzek
19.50-20.50		Men Power Yalcin Arslan
18.15-19.15		Shape & Stretch Susi Wilzek

3. – 7. August

MONTAG
DIENSTAG
MITTWOCH
DONNERSTAG
FREITAG

8.30-9.30		Rückenfit Daniela Seiringer
8.45-9.45		Workout Susi Wilzek
9.00-10.00		BaLaDaFitness Maximilian Kopt
8.15-9.15		Rückenglück Teresa Bradler

9.45-10.45		Symmetric Step & Variations Susi Wilzek
9.30-10.30		Zumba™ Lisa Nömeier
10.00-11.00		Gesunder Rücken Manuel Peter
10.10-11.10		Line Dance Maximilian Kopt
9.30-10.30		Workout Susi Wilzek

17.15-18.15		Electronic Flow Yoga Lena Hutlak
17.10-18.10		Sanfte Kräftigung Daniela Seiringer
17.10-18.10		Workout Silke Bartl
17.00-18.00		Weekend Workout Susi Wilzek

17.45-18.45		Easy Step Susi Wilzek
18.30-19.30		Soft Moves Susi Wilzek
18.15-19.15		Shape & Stretch Susi Wilzek
18.15-19.45		Align & Shine Yoga Teresa Bradler

18.55-19.55		Power Workout Susi Wilzek
19.50-20.50		Men Power Yalcin Arslan

10. – 14. August

MONTAG
DIENSTAG
MITTWOCH
DONNERSTAG
FREITAG

8.30-9.30		Morning Workout Julia Lehner
8.15-9.15		Stabiler Rücken Julia Lehner
8.45-9.45		Workout Susi Wilzek
9.00-10.00		BaLaDaFitness Maximilian Kopt
8.15-9.15		Rückenglück Teresa Bradler

9.45-10.45		Symmetric Step & Variations Susi Wilzek
9.30-10.30		Zumba™ Lisa Nömeier
10.00-11.00		Fit & Flex Daniela Seiringer
10.10-11.10		Line Dance Maximilian Kopt
9.30-10.30		Workout Susi Wilzek

17.15-18.15		Electronic Flow Yoga Lena Hutlak
17.10-18.10		Sanfte Kräftigung Daniela Seiringer
17.10-18.10		Bodywork Daniela Seiringer
17.00-18.00		Weekend Workout Susi Wilzek

17.45-18.45		Easy Step Susi Wilzek
18.30-19.30		Soft Moves Susi Wilzek
18.15-19.15		Shape & Stretch Susi Wilzek
18.15-19.45		Align & Shine Yoga Teresa Bradler

18.55-19.55		Power Workout Susi Wilzek
19.50-20.50		Men Power Yalcin Arslan

17. – 21. August

MONTAG
DIENSTAG
MITTWOCH
DONNERSTAG
FREITAG

8.30-9.30		Morning Workout Julia Lehner
8.15-9.15		Stabiler Rücken Julia Lehner
8.45-9.45		Workout Susi Wilzek
9.00-10.00		BaLaDaFitness Maximilian Kopt
8.15-9.15		Rückenglück Teresa Bradler

9.45-10.45		Symmetric Step & Variations Susi Wilzek
9.25-10.25		Fit for Life Workout Julia Lehner
10.00-11.00		Fit & Flex Daniela Seiringer
10.10-11.10		Line Dance Maximilian Kopt
9.30-10.30		Workout Susi Wilzek

17.15-18.15		Electronic Flow Yoga Lena Hutlak
17.10-18.10		Rückenfit Silke Bartl
17.10-18.10		Workout Silke Bartl
17.00-18.00		Weekend Workout Susi Wilzek

17.45-18.45		Easy Step Susi Wilzek
18.30-19.30		Soft Moves Susi Wilzek
18.15-19.15		Shape & Stretch Susi Wilzek
18.15-19.45		Align & Shine Yoga Teresa Bradler

18.55-19.55		Power Workout Susi Wilzek
19.50-20.50		Men Power Yalcin Arslan



Tanzen

Group Fitness Dance

Power Fitness

Soft Fitness

Optionale Kurse