

## Kursplan Frühling | Raum Sehnsucht | 4.3. - 2.6.2019

Plan de cours printemps | Salle «Sehnsucht» | 4.3. - 2.6.2019

	Montag lundi	Dienstag mardi	Mittwoch mercredi	Donnerstag jeudi	Freitag vendredi	Samstag samedi	Sonntag dimanche
Morgen   matin			<b>Functional</b> 6 h 15 - 7 h 00				
	<b>Pilates</b> 8 h 00 - 8 h 55	<b>Functional</b> 8 h 00 - 8 h 45		<b>Functional</b> 8 h 00 - 8 h 45	<b>Pilates</b> 8 h 00 - 8 h 55		
	<b>Yoga</b> 9 h 00 - 9 h 55	<b>Pilates</b> 9 h 00 - 9 h 55		<b>Yoga</b> 9 h 00 - 10 h 15		<b>Yoga</b> 9 h 00 - 9 h 55	
	<b>Schwinn® Cycling</b> 10 h 00 - 10 h 55	<b>BODYBALANCE®</b> 10 h 00 - 10 h 55	<b>Pilates</b> 10 h 00 - 10 h 55			<b>Pilates</b> 10 h 00 - 10 h 55	
						<b>Yoga</b> 11 h 00 - 12 h 30	
Mittag   midi	<b>Pilates</b> 12 h 15 - 13 h 10	<b>Yoga</b> 12 h 15 - 13 h 10	<b>Functional</b> 12 h 15 - 13 h 00		<b>Pilates</b> 12 h 15 - 13 h 10		
Abend   soir		<b>Yoga</b> 17 h 00 - 17 h 55			<b>Functional</b> 17 h 15 - 18 h 00		<b>BODYBALANCE®</b> 17 h 00 - 17 h 55
	<b>Pilates</b> 18 h 00 - 18 h 55	<b>RPM®</b> 18 h 00 - 18 h 45	<b>Pilates</b> 18 h 00 - 18 h 55	<b>Schwinn® Cycling</b> 18 h 00 - 19 h 30	<b>Sypoba®</b> 18 h 00 - 18 h 55		
	<b>Schwinn® Cycling</b> 19 h 00 - 20 h 30	<b>BODYBALANCE®</b> 19 h 00 - 19 h 55	<b>Sypoba®</b> 19 h 00 - 19 h 55		<b>BODYBALANCE®</b> 19 h 15 - 20 h 00		
			<b>Yoga</b> 20 h 00 - 20 h 55				

Änderungen vorbehalten | sous réserve de modification.

## Kursplan Winter | Raum Herzschlag | Outdoor | 4.3. - 2.6.2019

Plan de Cours hiver | Salle «Herzschlag» | «Outdoor» | 4.3. - 2.6.2019

	Montag lundi	Dienstag mardi	Mittwoch mercredi	Donnerstag jeudi	Freitag vendredi	Samstag samedi	Sonntag dimanche
Morgen   matin				<b>BODYPUMP®</b> 6 h 15 - 7 h 00	<b>Tai Chi</b> 7 h 00 - 7 h 55		
			<b>Fit in Nature</b> 8 h 00 - 9 h 00		<b>Fit in Nature</b> 8 h 00 - 9 h 00		
	<b>BODYPUMP®</b> 9 h 00 - 9 h 55	<b>CXWORX®</b> 9 h 00 - 9 h 30	<b>LES MILLS TONE®</b> 9 h 00 - 9 h 45	<b>BODYSTEP®</b> 9 h 00 - 9 h 55	<b>LES MILLS TONE®</b> 9 h 00 - 9 h 45	<b>ZUMBA®</b> 9 h 00 - 9 h 55	<b>BODYPUMP®</b> 9 h 00 - 9 h 55
							<b>Outdoor-Parcours*</b> 9 h 30 - 11 h 00
	<b>BODYSTEP®</b> 10 h 00 - 10 h 55	<b>ZUMBA®</b> 10 h 00 - 10 h 55	<b>BODYPUMP®</b> 10 h 00 - 10 h 45	<b>ZUMBA®</b> 10 h 00 - 10 h 55	<b>BODYPUMP®</b> 10 h 00 - 10 h 55	<b>FITBOXE®</b> 10 h 00 - 11 h 30	<b>FITBOXE®</b> 10 h 00 - 10 h 55
Mittag   midi	<b>GRIT Strength®</b> 12 h 15 - 12 h 45	<b>BODYPUMP®</b> 12 h 15 - 13 h 10	<b>FITBOXE®</b> 12 h 15 - 13 h 10	<b>BODYPUMP®</b> 12 h 15 - 13 h 10	<b>GRIT Strength®</b> 12 h 15 - 12 h 45	<b>BODYPUMP®</b> 12 h 15 - 13 h 10	
Abend   soir	<b>GRIT Cardio®</b> 17 h 15 - 17 h 45	<b>LES MILLS TONE®</b> 17 h 00 - 17 h 45	<b>GRIT Plyo®</b> 17 h 15 - 17 h 45	<b>CXWORX®</b> 17 h 15 - 17 h 45	<b>BODYPUMP®</b> 17 h 15 - 18 h 10		<b>BODYPUMP®</b> 17 h 00 - 17 h 55
	<b>BODYPUMP®</b> 18 h 00 - 18 h 55	<b>BODYATTACK®</b> 18 h 00 - 18 h 55	<b>BODYPUMP®</b> 18 h 00 - 18 h 55	<b>FITBOXE®</b> 18 h 00 - 18 h 55	<b>BODYSTEP®</b> 18 h 15 - 19 h 10		
	<b>Outdoor-Parcours*</b> 18 h 30 - 20 h 00		<b>Outdoor-Parcours*</b> 18 h 00 - 19 h 30				
	<b>CXWORX®</b> 19 h 00 - 19 h 30	<b>GRIT Plyo®</b> 19 h 15 - 19 h 45	<b>FITBOXE®</b> 19 h 00 - 19 h 55	<b>BODYPUMP®</b> 19 h 00 - 19 h 55	<b>FITBOXE®</b> 19 h 15 - 20 h 10		
	<b>FITBOXE®</b> 19 h 45 - 21 h 00						
	<b>BODYPUMP®</b> 20 h 00 - 20 h 55	<b>ZUMBA®</b> 20 h 00 - 20 h 55	<b>ZUMBA®</b> 20 h 00 - 20 h 55				

\*Outdoor Kursstart 11.3.2019

Änderungen vorbehalten | sous réserve de modification.