

Kursplan Winter | Sehnsucht | 3.12.2018 - 3.3.2019

Plan de cours hiver | Salle «Sehnsucht» | 3.12.2018 - 3.3.2019

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

Änderungen vorbehalten | sous réserve de modification.

Kursplan Winter | Herzschlag | Outdoor | 3.12.2018 - 3.3.2019

Plan de Cours hiver | Salle «Herzschlag» | «Outdoor» | 3.12.2018 - 3.3.2019

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

*Outdoor

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