

Kursplan Sommer | Raum Herzschlag | 01.07. – 30.08.2020

Plan de cours été | Salle «Herzschlag» | 01.07. – 30.08.2020

	Montag lundi	Dienstag mardi	Mittwoch mercredi	Donnerstag jeudi	Freitag vendredi	Samstag samedi	Sonntag dimanche
Morgen matin					Tai Chi 7 h 00 – 7 h 55		
	BODYPUMP® 8 h 45 – 9 h 40		LES MILLS TONE® 8 h 45 – 9 h 30	BODYPUMP® 8 h 45 – 9 h 40	LES MILLS TONE® 8 h 45 – 9 h 30	ZUMBA® 9 h 00 – 9 h 55	BODYPUMP® 9 h 00 – 9 h 55
	BODYSTEP® 10 h 00 – 10 h 55	ZUMBA® 10 h 00 – 10 h 55	BODYPUMP® 10 h 00 – 10 h 55	LES MILLS BARRE® 10 h 00 – 10 h 30	BODYPUMP® 10 h 00 – 10 h 55	FITBOXE® 10 h 15 – 11 h 45	FITBOXE® 10 h 15 – 11 h 10
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		
Abend soir	GRIT Cardio® 17 h 10 – 17 h 40	BODYATTACK® 17 h 45 – 18 h 30	GRIT Athletic® 17 h 15 – 17 h 45	CXWORX® 17 h 15 – 17 h 45	BODYPUMP® 17 h 00 – 17 h 55		
	BODYPUMP® 18 h 00 – 18 h 55	BODYSTEP® 18 h 50 – 19 h 35	BODYPUMP® 18 h 05 – 19 h 00	FITBOXE® 18 h 05 – 18 h 50	BODYATTACK® 18 h 15 – 19 h 00		
	CXWORX® 19 h 15 – 19 h 45		FITBOXE® 19 h 20 – 20 h 15	BODYPUMP® 19 h 10 – 20 h 05	FITBOXE® 19 h 20 – 20 h 15		
	FITBOXE® 20 h 05 – 21 h 00	BODYPUMP® 20 h 00 – 20 h 55					

Kursplan Sommer| Raum Sehnsucht | Outdoor | 01.07. – 30.08.2020

Plan de cours été | Salle «Sehnsucht» | Outdoor | 01.07. – 30.08.2020

	Montag lundi	Dienstag mardi	Mittwoch mercredi	Donnerstag jeudi	Freitag vendredi	Samstag samedi	Sonntag dimanche
Morgen matin	Pilates 7 h 45 – 8 h 40	Functional Fitness Indoor 7 h 45 – 8 h 40			Pilates 7 h 45 – 8 h 40		
						Yoga 8 h 30 – 9 h 25	
	Yoga 9 h 00 – 9 h 55	Pilates 9 h 00 – 9 h 55	Pilates 9 h 45 – 10 h 40	Yoga 9 h 00 – 10 h 15		Pilates 9 h 45 – 10 h 40	
	Indoor Cycling 10 h 15 – 11 h 05	BODYBALANCE® 10 h 15 – 11 h 10					Yoga 11 h 00 – 12 h 15
Mittag midi	Pilates 12 h 15 – 13 h 10	Yoga 12 h 15 – 13 h 10	Functional Fitness Indoor 12 h 15 – 13 h 00		Pilates 12 h 15 – 13 h 10		
		Yoga 16 h 45 – 17 h 40			Functional Fitness Indoor 16 h 45 – 17 h 30		
Abend soir	Pilates 17 h 15 – 18 h 10		Pilates 17 h 45 – 18 h 40		Sypoba® 17 h 45 – 18 h 40		
	Indoor Cycling 18 h 30 – 19 h 30	RPM® 18 h 00 – 18 h 45		Indoor Cycling 18 h 00 – 18 h 55			
				Functional Fitness Outdoor 18 h 00 – 19 h 00			
		BODYBALANCE® 19 h 05 – 20 h 00	Functional Fitness Outdoor 19 h 00 – 20 h 00		BODYBALANCE 19 h 15 – 20 h 00		
	BODYBALANCE® 20 h 00 – 20 h 55		Yoga 20 h 00 – 20 h 55				