

Kursplan Herbst | Raum Sehnsucht | 9.9. - 1.12.2019

Plan de cours automne | Salle «Sehnsucht» | 9.9. - 1.12.2019

| | Montag lundi | Dienstag mardi | Mittwoch mercredi | Donnerstag jeudi | Freitag vendredi | Samstag samedi | Sonntag dimanche |
|----------------|--|--|---|--|--|-------------------------------------|--|
| Morgen matin | | | Functional 6 h 15 - 7 h 00 | | | | |
| | Pilates 8 h 00 - 8 h 55 | Functional 8 h 00 - 8 h 45 | LES MILLS BARRE 8 h 15 - 8 h 45 | | Pilates 8 h 00 - 8 h 55 | | |
| | Yoga 9 h 00 - 9 h 55 | Pilates 9 h 00 - 9 h 55 | | 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 - 11 h 55 | |
| 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 | LES MILLS BARRE 17 h 15 - 17 h 45 | 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 | LES MILLS BARRE 19 h 00 - 19 h 30 | | BODYBALANCE® 19 h 15 - 20 h 00 | | |
| | | | Yoga 20 h 00 - 20 h 55 | | | | |

Änderungen vorbehalten | sous réserve de modification.

Kursplan Herbst | Raum Herzschlag | 9.9. - 1.12.2019

Plan de cours automne | Salle «Herzschlag» | 9.9. - 1.12.2019

| | 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® 9 h 00 - 9 h 55 | CXWORX® 9 h 00 - 9 h 30 | LES MILLS TONE® 9 h 00 - 9 h 45 | Breakletics® 9 h 00 - 9 h 55 | LES MILLS TONE® 9 h 00 - 9 h 45 | | 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 45 | | BODYPUMP® 10 h 00 - 10 h 55 | FITBOXE® 10 h 00 - 11 h 30 | |
| | | | | | | | |
| 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 15 - 17 h 45 | | GRIT Athletic® 17 h 15 - 17 h 45 | CXWORX® 17 h 15 - 17 h 45 | BODYPUMP® 17 h 15 - 18 h 10 | | 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 Athletic® 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 | Breakletics® 20 h 00 - 20 h 55 | ZUMBA® 20 h 00 - 20 h 55 | | | |

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