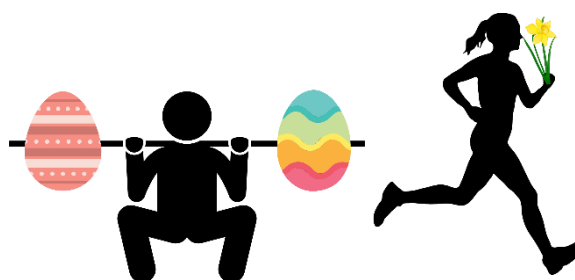


KURSPROGRAMM OSTERN



ACTIV FITNESS THUN PANORAMACENTER

Group Fitness / Raum 1

| Datum | Tag | Stilrichtung | Instruktor*in | Zeit |
|------------|--------------|------------------------|-------------------------|---------------|
| 07.04.2023 | Karfreitag | Bodytoning | Aline G. | 09:30 – 10:25 |
| | | ZUMBA® | Aline G. | 10:30 – 11:25 |
| 08.04.2023 | Samstag | Reguläres Kursprogramm | | |
| 09.04.2023 | Ostersonntag | BODYPUMP® | Rahel D. + Kerstin L. | 09:25 – 10:20 |
| | | Fitboxe | Erich D. + Maddalena C. | 10:30 – 11:40 |
| 10.04.2023 | Ostermontag | Bodytoning | Aline G. | 09:30 – 10:25 |
| | | BODYBALANCE® | Aline G. | 10:30 – 11:25 |

Group Fitness / Raum 2

| Datum | Tag | Stilrichtung | Instruktor*in | Zeit |
|------------|--------------|--------------|---------------|---------------|
| 07.04.2023 | Karfreitag | Yoga | Michaela M. | 09:30 – 10:25 |
| 08.04.2023 | Samstag | CORE® | Tiziana F. | 09:10 – 09:50 |
| | | Antara® | Qendresa B. | 10:00 – 11:10 |
| 09.04.2023 | Ostersonntag | Pilates | Regina P. | 09:30 – 10:25 |
| | | CORE® | Rahel D. | 10:30 – 11:10 |
| 10.04.2023 | Ostermontag | ZUMBA® | Rosa P. | 09:30 – 10:25 |

Kinderparadies

| | | |
|------------|--------------|-------------------|
| 07.04.2023 | Karfreitag | 09:15 – 11:45 Uhr |
| 08.04.2023 | Samstag | regulär |
| 09.04.2023 | Ostersonntag | 09:15 – 11:45 Uhr |
| 10.04.2023 | Ostermontag | 09:15 – 11:45 Uhr |

