



| Tag | Kurs | | Trainer*in | Zeit |
|-------------------|---|----------|----------------------|---------------|
| Montag | Hatha Yoga | 2 | Gabriela K. | 09:15 - 10:30 |
| | BODYPUMP® | 1 | Anja W. | 09:15 - 10:10 |
| | ZUMBA® | 1 | Ana A. | 12:15 - 13:10 |
| | Pilates | 2 | Sara K. | 12:15 - 13:10 |
| | CORE® | 1 | Andrea F. | 17:05 - 17:45 |
| | BODYBALANCE® | 2 | Rahel S. | 17:30 - 18:25 |
| | BODYPUMP® | 1 | Matthias W. | 17:45 - 18:40 |
| | Funct. Fitness Outdoor | 0 | Katja K. | 18:00 - 18:55 |
| | Indoor Cycling | 2 | Andrea F. | 18:30 - 19:25 |
| | Fitboxe® | 1 | Sara S. | 19:00 - 19:55 |
| | Antara | 2 | Marlies L. | 19:30 - 20:25 |
| Dienstag | Rückenfit | 2 | Nicole L. | 08:15 - 09:10 |
| | Streching | 2 | Nicole L. | 09:15 - 09:40 |
| | Functional Fitness Indoor | 1 | Katja K. | 09:45 - 10:40 |
| | BODYATTACK® | 1 | Valérie B. | 18:00 - 18:55 |
| | GRIT Athletic® | 1 | Thomas G. | 19:00 - 19:30 |
| | BODYBALANCE® | 2 | Rahel S. / Nadine D. | 19:05 - 20:00 |
| | CORE® | 1 | Thomas G. | 19:35 - 20:05 |
| | BODYPUMP® | 1 | Marie-Lena L. | 20:10 - 21:05 |
| Mittwoch | Pilates | 2 | Gabriela K. | 09:15 - 10:10 |
| | Bodytoning | 1 | Jacqueline R. | 09:15 - 10:10 |
| | Hatha Yoga | 2 | Gabriela K. | 10:15 - 11:10 |
| | CORE® | 1 | Rahel S. | 12:15 - 12:55 |
| | GRIT Strength® | 1 | Thomas G. | 17:15 - 17:45 |
| | CORE® | 1 | Thomas G. | 17:45 - 18:15 |
| | Pilates | 2 | Rahel S. | 18:15 - 18:45 |
| | BODYPUMP® | 1 | Andrea O. | 18:20 - 19:15 |
| | Hatha Yoga | 2 | Helen B. | 19:15 - 20:10 |
| Fitboxe® | 1 | Katja K. | 19:20 - 20:15 | |
| Donnerstag | ZUMBA® | 1 | Patricia V. | 09:15 - 10:10 |
| | Rückenfit | 2 | Rahel S. | 09:15 - 10:10 |
| | Pilates | 2 | Rahel S. | 12:15 - 13:10 |
| | BODYPUMP® | 1 | Linus L. | 18:00 - 18:55 |
| | Power Yoga | 2 | Rahel S. | 17:30 - 18:25 |
| | GRIT Cardio® | 1 | Linus L. | 19:00 - 19:25 |
| | Indoor Cycling | 2 | Andreas B. | 18:30 - 19:55 |
| Freitag | Antara Special mit Tuch | 2 | Marlies L. | 09:15 - 10:10 |
| | Bodytoning meets Pilates | 1 | Sara K. | 09:15 - 10:10 |
| | BODYPUMP® mit Techniktraining | 1 | Matthias W. | 12:00 - 13:10 |
| | BODYBALANCE® "Fokus Breathing" and red dressed | 2 | Nadine D. | 12:15 - 13:10 |
| | BODYPUMP® Technik & Training | 1 | Gaby D. | 17:15 - 18:10 |
| | ZUMBA® RED Party | 1 | Sara K. | 18:15 - 19:10 |
| | Hatha Yoga for Beginners | 2 | Martin A. | 18:00 - 18:55 |
| Samstag | ZUMBA® Party | 1 | Ana A. | 09:15 - 10:10 |
| | Power Yoga & Pilates = Yogilates | 2 | Nicole L. | 09:15 – 10:30 |
| | Kick Power meet's Core | 1 | Katja K. | 10:15 - 11:10 |
| | CORE® meet's Kickpower | 1 | Katja K. | 11:15 - 11:45 |
| Sonntag | BODYPUMP® mit Techniktraining | 1 | Gabi W. | 10:00 - 10:55 |
| | BODYATTACK® Party | 1 | Tashi V. | 11:15 - 12:10 |
| | BODYBALANCE® with Special long Relaxation | 1 | Rahel S. | 11:15 - 12:10 |

Kursprogramm RED WEEKEND Köniz

30. Oktober – 5. November

Aktuelles Kursprogramm Online:



Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

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|-----------------------------|---------------|
| Montag bis Freitag: | 08:45 – 11:30 |
| Samstag und Sonntag: | 09:00 – 11:30 |