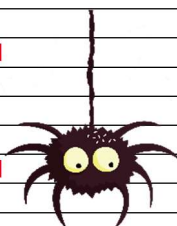




30. Oktober – 5. November

Tag	Kurs	Trainer*in	Zeit
Montag	Indoor Cycling	Nicola N.	06:30 - 07:25
	Rückentraining	Sonja E.	08:00 - 08:55
	Bodytoning	Christina W.	09:00 - 09:55
	BODYPUMP®	Sonja E.	12:15 - 13:10
	M.A.X.®	Florina D.	17:30 - 17:55
	BODYPUMP®	Florina D.	18:00 - 18:55
	Indoor Cycling	Christian B.	18:30 - 19:25
	Bodytoning	Renata C.	19:05 - 20:00
	Power Yoga	Renata C.	20:05 - 21:00
Dienstag	Pilates	Christina W.	09:00 - 09:55
	Indoor Cycling Halloween Special	Ursina B.	09:00 - 09:55
	Bodytoning	Christina W.	12:15 - 13:10
	CORE®	Florina D.	17:30 - 17:55
	BODYPUMP®	Florina D.	18:00 - 18:55
	Indoor Cycling Halloween Special	Ursina B.	18:30 - 19:40
	BODYCOMBAT®	Martina B./Simone H.	19:05 - 20:00
Mittwoch	Vital-Fit	Team	08:00 - 08:55
	Bodytoning	Irene T.	09:00 - 09:55
	Indoor Cycling	Jürg C.	12:15 - 13:10
	Pilates	Marianna B.	18:00 - 18:55
	Indoor Cycling	Stefan G.	18:30 - 19:25
	BODYCOMBAT®	Christian B.	19:00 - 19:55
Donnerstag	BODYPUMP®	Katrin F.	09:00 - 09:55
	Indoor Cycling	Jürg C.	09:00 - 09:55
	Bodytoning	Martina B.	18:00 - 18:55
	Indoor Cycling	Jürg C.	18:30 - 19:25
	BODYPUMP®	Jeannette H.	19:00 - 19:55
	Yoga	Nadine O.	20:00 - 20:55
Freitag	Pilates-Flow	Alexandra A.	09:00 - 09:55
	M.A.X.® Volume-Mix	Ursina B.	10:00 - 10:25
	BODYPUMP® old and new	Ursina B.	12:15 - 13:10
	BODYCOMBAT® surprise	Martina B.	18:00 - 18:55
Samstag	Indoor Cycling Himmel + Hölle	Ursina B.	09:30 - 10:25
	BODYPUMP® meets CORE®	Florina D.	09:30 - 10:40
Sonntag	Powertoning	Renata C.	09:30 - 10:25
	ZUMBA® Party	Renata C.	10:30 - 11:25



Aktuelles Programm online



Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:45 - 11:30
Samstag:	keine Betreuung
Sonntag:	09:30 - 11:30