

# Red Weekend Olten

30. Oktober bis 5. November 2023

Tag	Kurs	Kursraum	Trainer*in	Zeit
<b>Montag</b>	GRIT®	KR 1	Laura C.	06:30 – 06:55
	BODYPUMP®	KR 1	Andrea M.	09:15 – 09:55
	ZUMBA®	KR 2	Yesenia Z.	09:35 – 10:30
	CORE®	KR 1	Andrea M.	10:10 – 10:35
	Hatha Yoga	KR 1	Christina C.	12:15 – 13:10
	Hatha Yoga	KR 1	Charlotte G.	16:10 – 17:40
	TRX®	KR 1	Martina S.	17:45 – 18:40
	BODYCOMBAT®	KR 2	Sue B.	17:15 – 18:10
	BODYBALANCE®	KR 2	Sue B.	18:15 – 19:10
	BODYATTACK®	KR 1	Marco R.	18:45 – 19:25
	Indoorcycling	KR 2	Stefan W.	19:15 – 20:10
	BODYPUMP®	KR 1	Barbara A.	19:35 – 20:30
<b>Dienstag</b>	Step and Tone	KR 1	Nadia H.	09:15 – 10:10
	Vital Fit	KR 2	Brigitte M.	10:15 – 11:10
	Rückenfit	KR 1	Mila R.	10:20 – 11:15
	BODYPUMP®	KR 1	Christine K.	12:15 – 13:10
	GRIT CARDIO®	KR 1	Tina A.	17:30 – 17:55
	Pilates	KR 2	Mila R.	18:00 – 18:55
	BODYPUMP®	KR 1	Céline S.	18:15 – 19:10
	Indoor Cycling	KR 2	Mario M.	19:15 – 20:10
	Fitboxe	KR 1	Rossella B.	19:30 – 20:25
<b>Mittwoch</b>	Hatha Yoga	KR 1	Charlotte G.	08:00 – 08:55
	Pilates	KR 1	Charlotte G.	09:15 – 10:10
	CORE®	KR 2	Sue B.	09:15 – 09:55
	Functional Training	FL	Fitness Team	09:30 – 10:15
	TRX®	KR 1	Nadia H.	12:15 – 13:10
	Functional Training	FL	Fitness Team	17:30 – 18:15
	GRIT® Strength	KR 2	Pamela H.	17:40 – 18:05
	BODYATTACK®	KR 1	Martina S.	18:00 – 18:55
	Power Yoga	KR 2	Heidi L.	18:15 – 19:10
	BODYJAM®	KR 1	Alberto S.	19:15 – 20:10
	Indoor Cycling	KR 2	Dino S.	19:30 – 20:25
<b>Donnerstag</b>	BODYPUMP®	KR 1	Heidi L.	09:15 – 10:10
	Vital Fit	KR 1	Brigitte M.	10:20 – 11:15
	CORE®	KR 1	Martina S.	17:30 – 18:10
	Fitboxe/ BODYCOMBAT®	KR 1	Rossella B./ Christine K.	18:20 – 19:00
	GRIT®	KR 2	Simona G.	18:20 – 18:45
	Functional Indoor	KR 2	Simon Z.	19:00 – 19:40
	BODYPUMP®	KR 1	Christine K.	19:15 – 20:10
<b>Freitag</b>	Step	KR 1	Padhy S.	09:15 – 10:10
	BODYBALANCE® in RED	KR 1	Christina C.	12:15 – 13:10
	Indoor Cycling	KR 2	Doris B.	12:15 – 13:10
	Functional Training	FZ	Fitness Team	17:00 – 17:45
	Let's rock it – BODYPUMP®	KR 1	Andrea M.	17:25 – 18:20
	BODYJAM® R(eal) E(uphoric) D(ance) Party	KR 2	Alberto S. und Team	18:30 – 19:55
	Element Feuer YOGA	KR 1	Gabriel H.	18:30 – 19:55

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<b>Samstag</b>	Heart CORE®	KR 1	Andrea M.	09:15 – 09:55
	Poweryoga	KR 2	Nadja H. / Barbara W.	09:15 – 10:25
	Let's rock it – BODYPUMP®	KR 1	Andrea M.	10:15 – 11:10
	BODYCOMBAT®	KR 2	Team	10:45 – 11:40
<b>Sonntag</b>	TRX®	KR 1	Martina S. / Simon Z.	09:15 – 10:10
	Indoorcycling	KR 2	Team	10:00 – 10:55
	Fitboxe	KR 1	Danijela J.	10:30 – 11:25

Aktuelles Kursprogramm Online:



**Betreutes Kinderparadies** (Kinder bis zum 9. Geburtstag)

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