

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.00	Pilates 09.00 - 10.00	TRX & Bauch 09.00 - 09.30	Pilates 09.00 - 10.00		High Functional 09.00 - 09.30	High Fit Powerbands 09.00 - 09.25	High Fit Jumping 09.00 - 09.25
	Powerbands 09.30 - 10.00	Bodyforming 09.35 - 10.05	Functional Parcours 09.30 - 10.00	M.A.X 09.30 - 10.05	TRX & Bauch 09.35 - 10.00	TRX 09.30 - 10.00	Sixpack 09.30 - 10.00
10.00	Zumba 10.05 - 11.05	High Functional 10.10 - 10.40	Trampolin Toning 10.05 - 10.35	Yoga 10.10 - 11.10		Spinning 10.10 - 11.10	Spinning 10.10 - 11.10
						High Five HIT 10.15 - 10.50	Body Pump 10.05 - 11.05
11.00	TRX Powerbands 11.45 - 12.10	Sixpack&Jumping 11.45 - 12.10	High Jumping 11.45 - 12.10	TRX 11.45 - 12.10	Sixpack 11.45 - 12.10	High Jumping 10.55 - 11.20	Pilates 11.10 - 12.10
	Spinning 12.10 - 13.10	Spinning 12.10 - 13.10		Spinning 12.10 - 13.10	High Fit Powerbands 12.15 - 12.40	Yoga 11.25 - 12.25	Boxen 11.15 - 12.15
12.00	Yoga 12.15 - 13.15	Body Pump 12.15 - 13.15	Power Yoga 12.15 - 13.15	Body Pump 12.15 - 13.15	Pilates 12.15 - 13.15		
	High Functional 12.15 - 12.45		High Functional 12.15 - 12.45				
17.00	Zumba 17.30 - 18.30	TRX & Bauch 17.30 - 18.00	Power Step TRX 17.30 - 18.00	TRX-Pump 17.30 - 18.00	High Functional 17.30 - 18.00		
	Powerbands Sixpack 17.30 - 18.00	Powerbands 18.05 - 18.30		Functional Parcours 18.05 - 18.30	High Burning 18.05 - 18.30		
18.00	High Functional 18.05 - 18.30	Fatburner Step 18.10 - 19.10	High Functional 18.05 - 18.30	Pilates 18.05 - 19.05	M.A.X 18.35 - 19.05		
18.30	M.A.X 18.35 - 19.05	Boxen 19.00 - 20.00	M.A.X 18.35 - 19.05	Boxen 19.00 - 20.00			
19.00	Spinning 19.00 - 20.00	Spinning 19.00 - 20.00	Fle-xx Stretching 19.10 - 19.25	Spinning 19.00 - 20.00			
	Body Pump 19.10 - 20.10	Bauch, Beine, Po 19.15 - 19.40	Body Pump 19.15 - 20.15	Bauch, Beine, Po 19.10 - 19.40			
20.00	TRX&Bauch&Jumping 20.20 - 21.00	Power Yoga 19.45 - 20.45	TRX & Bauch 20.20 - 21.00	Powerbands Sixpack 19.45 - 20.15			
				High Functional 20.20 - 20.50			

Bei schönem Wetter
finden die Kurse
auch draussen statt