

## Mai / Juni 2010

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Tag Jour	Zeit Heure	Kursname Cours	Instruktorin Monitrice
Mo / Lu	09.00 – 09.55	Fitgym. 50+	Tiziana
	12.15 – 13.10	Step + Tone	Trix
	18.00 – 18.55	Pilates	Luzia
	<b>**Neu</b> 18.00 – 19.30	Nordic Walking	Verena (Strandbad / Plage)
	19.00 – 19.55	Bodyforming	Nadja
	20.00 – 20.55	Taebo	Anna
Di / Ma	09.00 – 09.55	Bodyforming	Chantal
	10.00 – 10.55	Aerobic-Dance	Chantal
	12.15 – 13.10	Bodyforming	Annina
	18.00 – 18.55	Bodyforming	Annina
	19.00 – 19.55	Step + Tone	Claudia
	<b>Neu</b> 20.00 – 20.55	Fitboxe	Paolo
Mi / Me	09.00 – 09.55	Rückengym / Gym du dos	Claudia
	<b>**Neu</b> 09.00 – 10.30	Nordic Walking	Verena (Strandbad / Plage)
	<b>Ab/dès 12.5. Neu</b> 09.00 – 09.55	Bodyshape	Jacqueline (Strandbad / Plage)
	12.15 – 13.10	Power Yoga	Stéphanie
	<b>*</b> 17.00 – 17.55	Swem - Trampolin	Physiotherapie
	18.00 – 18.55	Cardio Workout	Annina
	19.00 – 19.55	Taebo	Anna / Miriam M.
	20.00 – 21.00	Bodypump "les mills"	Carol
Do / Je	08.45 – 10.00	Step + Tone	Trix
	10.00 – 10.55	Aerobic	Trix
	12.15 – 13.10	Bodyforming	Annina
	17.00 – 17.55	Pilates	Luzia
	18.00 – 18.55	Fitboxe	Miriam E.
	19.00 – 19.55	BBP / CAF	Susi
	20.00 – 20.55	Power Yoga	Charlotte
	Fr / Ve	09.00 – 09.55	Bodyforming
10.00 – 10.55		Antara	Jacqueline
12.15 – 13.10		Pump	Bea
17.45 – 19.00		Aerobic	Trix
19.00 – 19.55		Taebo	Miriam M.
Sa / Sa	10.00 – 11.15	Bodyforming	Miriam/Carol/Annina
	11.30 – 12.25	Fitboxe	Miriam/Cécile/Noémie
So / Di	10.00 – 11.00	Bodypump "les mills"	Nora/Rahel/Carol
	14.00 – 14.55	Aerobic-Dance	Melinda

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Anmeldung erforderlich / Inscription obligatoire. Tel. 032 323 88 25

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Anmeldung erforderlich an Kasse Hallenbad / Inscription obligatoire à la caisse de la piscine couverte. Tel. 032 329 19 50 oder/ou fitness@ctsbiel-bienne.ch.

Durchführung ab 3 Personen / dès 3 personnes