

		08.45 - 10.00	10.00 - 11.00	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	16.00 - 17.00	17.00 - 18.00	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00
MO/LU	Raum Salle 1	<b>Zumba Toning</b> 09.00 - 09.55 Melinda	<b>Zumba</b> 10.00 - 10.55 Melinda	<b>Bodypump</b> 11.00 - 11.55 Sophie	<b>Aerobic-Mix</b> 12.15 - 13.10 Trix			<b>Bodypump</b> 16.50 - 17.45 Shadia	<b>Pilates</b> 18.00 - 18.55 Sandra	<b>Bodyforming</b> 19.00 - 19.55 Nadja	<b>Step &amp; Tone</b> 20.00 - 20.55 Nadja / Ramona
	Raum Salle 2	<b>Power Yoga</b> 09.00 - 09.55 Tim	<b>Power Yoga</b> 10.00 - 10.55 Tim		<b>Indoor Cycling</b> 12.15 - 13.10 Roberto			<b>Zumba</b> 17.00 - 17.55 Sandra	<b>Rumpftrain.</b> 18.00-18.30 Shadia	<b>Indoor Cycling</b> 19.00 - 19.55 Franck	
	Outdoor								<b>Intervall-Training</b> 18.30 - 19.25 Skel		
DI/MA	Raum Salle 1	<b>Bodyforming</b> 08.45 - 10.00 Chantal	<b>Pilates</b> 10.05 - 11.00 Sandra		<b>Bodyforming</b> 12.15 - 13.10 Cindy			<b>Zumba</b> 17.00 - 17.55 Melinda	<b>Bodyforming</b> 18.00 - 18.55 Carol	<b>Fitboxe</b> 19.00 - 19.55 Athanasé	<b>Bodypump</b> 20.00 - 20.55 Loly
	Raum Salle 2	<b>Zumba</b> 09.00 - 09.55 Sandra			<b>Indoor Cycling</b> 12.15 - 13.10 Prisca			<b>Pilates</b> 17.00 - 17.55 Eveline M	<b>Indoor Cycling</b> 18.30 - 19.25 Philippe		
	Outdoor Im   Au Fitness	<b>Functional Workout</b> 08.45 - 09.40 Skel							<b>Intervall-Training</b> 18.45 - 19.40 Skel		<b>Functional-W.</b> 20.00 - 20.30 Skel
MI/ME	Raum Salle 1	<b>Rückengym</b> 09.00 - 09.55 Claudia	<b>Zumba</b> 10.00 - 10.55 Sandra	<b>Pilates</b> 11.00 - 11.55 Sandra	<b>Power Yoga</b> 12.15 - 13.10 Stéphanie C.			<b>Bodypump</b> 16.50 - 17.45 Loly	<b>Funtone</b> 18.00 - 18.55 Annina	<b>Zumba</b> 19.00 - 19.55 Yicela	<b>Bodypump</b> 20.00 - 20.55 Carol
	Outdoor Raum Salle 2	<b>Indoor Cycling</b> 09.00 - 09.55 Fabien			<b>Intervall-Training</b> 12.15 - 13.10 Trix				<b>Indoor Cycling</b> 18.30 - 19.25 Paul		
DO/JE	Raum Salle 1	<b>Step &amp; Tone</b> 08.45 - 10.00 Trix	<b>Bodyforming</b> 10.05 - 11.00 Trix	<b>Power Yoga</b> 11.05 - 12.00 Stéphanie	<b>Bodyforming</b> 12.15 - 13.10 Laura			<b>Zumba</b> 17.00 - 17.55 Anita	<b>Fitboxe</b> 18.00 - 18.55 Maya	<b>BBP / CAF</b> 19.00 - 19.55 Susi	<b>Strong</b> 20.00 - 20.55 Ramona
	Raum Salle 2				<b>Indoor Cycling</b> 12.15 - 13.10 Tania			<b>bodyART</b> 17.00 - 17.55 Anina	<b>Indoor Cycling</b> 18.30 - 19.55 Soraya		<b>Power Yoga</b> 20.05 - 21.00 Jonathan
	Outdoor Im   Au Fitness	<b>Intervall-Training</b> 09.00 - 09.55 Skel	<b>Functional-W.</b> 10.15 - 10.45 Skel						<b>Intervall-Training</b> 18.00 - 18.55 Trix		
FR/VE	Raum Salle 1	<b>Bodyforming</b> 09.00 - 09.55 Team	<b>deepWORK</b> 10.00 - 10.55 Anina		<b>Bodyforming</b> 12.15 - 13.10 Trix			<b>Bodypump</b> 16.50 - 17.45 Loly	<b>Bodyforming</b> 18.00 - 18.55 Trix	<b>Zumba</b> 19.00 - 19.55 Melinda	<b>Bodypump</b> 20.00 - 20.55 Team
	Raum Salle 2	<b>Power Yoga</b> 09.00 - 09.55 Tim	<b>Power Yoga</b> 10.00 - 10.55 Tim		<b>Indoor Cycling</b> 12.15 - 13.10 Prisca					<b>Rumpftrain.</b> 19.15 - 19.45 Team	
	Outdoor								<b>Functional Workout</b> 18.30 - 19.25 Skel		
SA/SA	Raum Salle 1	<b>Step &amp; Tone</b> 09.00 - 09.55 Team	<b>Bodyforming</b> 10.00 / 11.15 Team	<b>Zumba</b> 11.30 - 12.25 Ramona / Claudine	<b>Bodypump</b> 12.30 - 13.25 Team						
	Raum Salle 2		<b>Indoor Cycling</b> 10.00 - 11.25 Team								
	Outdoor Im   Au Fitness	<b>Intervall-Training</b> 09.00 - 09.55 Trix	<b>Functional-W.</b> 10.30 - 11.00 Skel								
SO/DI	Raum Salle 1		<b>deepWORK / STRONG</b> 10.00 - 10.55 Team	<b>Bodypump</b> 11.00 - 11.55 Team	<b>Zumba</b> 12.15 - 13.10 Team	<b>Bodypump</b> 13.15 - 14.10 Stefan					
	Outdoor		<b>Functional-T.</b> 10.30 - 11.25 Skel								

## Kursprogramm Oktober - Dezember 2018

24. Dezember ab 16.00 h geschlossen / 25. Dezember geschlossen  
31. Dezember ab 16.00 h geschlossen / 1. Januar geschlossen

## Programme des cours Octobre - Décembre 2018

24 décembre fermé dès 16.00 / 25 décembre fermé  
31 décembre fermée dès 16.00 / 1<sup>er</sup> janvier fermée