

	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	Zumba Toning 09.00 - 09.55 Melinda	Zumba 10.00 - 10.55 Melinda	Bodypump 11.00 - 11.55 Sophie	Aerobic-Mix 12.15 - 13.10 Trix		Bodypump 16.50 - 17.45 Shadia	Pilates 18.00 - 18.55 Sandra	Bodyforming* 19.00 - 19.55 Nadja	Step & Tone 20.00 - 20.55 Nadja / Ramona
	Raum Salle 2	Power Yoga 09.00 - 09.55 Tim	Power Yoga 10.00 - 10.55 Tim		Indoor Cycling 12.15 - 13.10 Roberto		Zumba 17.00 - 17.55 Sandra	Rumpftrain. 18.00 - 18.30 Shadia	Indoor Cycling 19.00 - 19.55 Franck	
	Outdoor							Intervall-Training 18.30 - 19.25 Skel		
DI / MA	Raum Salle 1	Bodyforming 08.45 - 10.00 Chantal	Pilates 10.05 - 11.00 Sandra		Bodyforming 12.15 - 13.10 Cindy		Zumba 17.00 - 17.55 Melinda	Bodyforming* 18.00 - 18.55 Carol	Fitboxe 19.00 - 19.55 Athanase	Bodypump 20.00 - 20.55 Loly
	Raum Salle 2	Zumba 09.00 - 09.55 Sandra			Indoor Cycling 12.15 - 13.10 Prisca		Pilates 17.00 - 17.55 Eveline M	Indoor Cycling 18.30 - 19.25 Philippe	HIIT 19.45 - 20.15 Ousmane ab 19.02.19	
MI / ME	Raum Salle 1	Rückengym 09.00 - 09.55 Claudia	Zumba 10.00 - 10.55 Sandra	Pilates 11.00 - 11.55 Sandra	Power Yoga 12.15 - 13.10 Stéphanie C.		Bodypump 16.50 - 17.45 Loly	Funtone 18.00 - 18.55 Annina	Zumba 19.00 - 19.55 Yicela	Bodypump 20.00 - 20.55 Carol
	Outdoor	Indoor Cycling 09.00 - 09.55 Fabien			Intervall-Training 12.15 - 13.10 Trix			Indoor Cycling 18.30 - 19.25 Paul		
DO / JE	Raum Salle 1	Step & Tone 08.45 - 10.00 Trix	Bodyforming 10.05 - 11.00 Trix	Power Yoga 11.05 - 12.00 Stéphanie	Bodypump 12.15 - 13.10 Loly Shadia		Zumba 17.00 - 17.55 Anita	Fitboxe 18.00 - 18.55 Maya	BBP / CAF 19.00 - 19.55 Susi	STRONG 20.00 - 20.55 Ramona
	Raum Salle 2				Indoor Cycling 12.15 - 13.10 Tania		bodyART 17.20 - 18.15 Anina	Indoor Cycling 18.30 - 19.55 Soraya		Power Yoga 20.05 - 21.00 Jonathan
	Outdoor							Intervall-Training 18.00 - 18.55 Trix		
FR / VE	Raum Salle 1	Bodyforming 09.00 - 09.55 Team	deepWORK 10.00 - 10.55 Anina		Bodyforming 12.15 - 13.10 Trix		Bodypump 16.50 - 17.45 Loly	Bodyforming 18.00 - 18.55 Trix	Zumba 19.00 - 19.55 Melinda	Bodypump 20.00 - 20.55 Team
	Raum Salle 2	Power Yoga 09.00 - 09.55 Tim	Power Yoga 10.00 - 10.55 Tim		Indoor Cycling 12.15 - 13.10 Prisca			STRONG 18.00 - 18.55 Team	Rumpftrain. 19.15 - 19.45 Team	
SA / SA	Raum Salle 1	Aerobic-Mix 09.00 - 09.55 Team	Bodyforming 10.00 - 10.55 Team	M.A.X. 11.00 - 11.30 Ramona Sabrina	Zumba 11.35 - 12.30 Claudine Ramona	Bodypump 12.35 - 13.30 Team				
	Raum Salle 2		Indoor Cycling 10.00 - 11.25 Team							
	Outdoor	Intervall-Training 09.00 - 09.55 Trix								
SO / DI	Raum Salle 1		deepWORK / STRONG 10.00 - 10.55 Team	Bodypump 11.00 - 11.55 Team	Zumba 12.15 - 13.10 Team	Bodypump 13.15 - 14.10 Stefan				

Kursprogramm Januar - Februar 2019

1. Januar 2018 keine Kurse
2.- 6. Januar 2018 gemäss Spezial-Programm Festtage

Programme des cours Janvier - Février 2019

1^{er} janvier pas de cours
2-6 janvier selon programme jours de fêtes