

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