

		08.45 - 10.00	10.00 - 11.00	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00	16.00 - 17.00	17.00 - 18.00	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00
MO/LU 24.12.2018	Raum Salle 1	<b>Zumba Toning</b> 09.00 - 09.55 Sabine	<b>Zumba</b> 10.00 - 10.55 Sabine	<b>Bodypump</b> 11.00 - 11.55 Sophie	<b>Aerobic-Mix</b> 12.15 - 13.10 Trix	<b>Bodypump</b> 13.15 - 14.10 Shadia							
	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								
DI/MA 25.12.2018	Geschlossen Fermé												
MI/ME 26.12.2018	Raum Salle 1	<b>Rückengym</b> 09.00 - 09.55 Claudia	<b>Zumba</b> 10.00 - 10.55 Yicela	<b>Pilates</b> 11.00 - 11.55 Barbara W.	<b>bodyART</b> 12.00 - 13.15 Anina	<b>Zumba</b> 13.30 - 14.25 Claudine	<b>Bodypump</b> 14.30 - 15.25 Loly						
	Outdoor Raum Salle 2	<b>Indoor Cycling</b> 09.00 - 09.55 Fabien			<b>Intervall-Training</b> 12.15 - 13.10 Trix								
DO/JE 27.12.2018	Raum Salle 1	<b>Step &amp; Tone</b> 08.45 - 10.00 Trix	<b>Bodyforming</b> 10.05 - 11.00 Trix	<b>Fitboxe</b> 11.00 - 11.55 Miriam	<b>Bodyattack</b> 12.15 - 13.10 Sabrina	<b>Bodypump</b> 13.15 - 14.10 Stefan	<b>Rumpftrain.</b> 14.30 - 15.00 Stefan	<b>Power Yoga</b> 15.15 - 16.45 Tim		<b>Zumba</b> 17.00 - 17.55 Sabine	<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> 17.20 - 18.15 Anina	<b>Indoor Cycling</b> 18.30 - 19.55 Soraya		
	Outdoor										<b>Intervall-Training</b> 18.00 - 18.55 Trix		
FR/VE 28.12.2018	Raum Salle 1	<b>Bodyforming</b> 09.00 - 09.55 Vanessa C.	<b>deepWORK</b> 10.00 - 10.55 Anina	<b>Bodypump</b> 11.00 - 11.55 Sophie	<b>Bodyforming</b> 12.15 - 13.10 Trix	<b>Zumba</b> 13.15 - 14.10 Patricia	<b>M.A.X. &amp; Tone</b> 14.15 - 15.10 Sabrina			<b>Bodypump</b> 16.50 - 17.45 Loly	<b>Bodyforming</b> 18.00 - 18.55 Trix	<b>Zumba</b> 19.00 - 19.55 Sabine	<b>Bodypump</b> 20.00 - 20.55 Shadia
	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 Shadia	
SA/SA 29.12.2018	Raum Salle 1	<b>Step &amp; Tone</b> 09.00 - 09.55 Barbara W.	<b>Bodyforming</b> 10.00 / 11.15 Ramona		<b>Zumba</b> 11.30 - 12.25 Ramona	<b>Bodypump</b> 12.30 - 13.25 Shadia							
	Raum Salle 2		<b>Indoor Cycling</b> 10.00 - 11.25 Tania										
	Outdoor	<b>Intervall-Training</b> 09.00 - 09.55 Trix											
SO/DI 30.12.2018	Raum Salle 1		<b>STRONG</b> 10.00 - 10.55 Ramona	<b>Bodypump</b> 11.00 - 11.55 Sophie		<b>Zumba</b> 12.15 - 13.10 Sabine	<b>Bodypump</b> 13.15 - 14.10 Stefan						
	Outdoor			<b>Functional-T.</b> 10.30 - 11.25 Skel									

## Festtage | Jours de fêtes

24.12.2018 - 30.12.2018



		08.45 - 10.00	10.00 - 11.00	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00	16.00 - 17.00	17.00 - 18.00	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00
MO/LU 31.12.2018	Raum Salle 1	<b>Zumba Toning</b> 09.00 - 09.55 Sabine	<b>Zumba</b> 10.00 - 10.55 Sabine	<b>Bodypump</b> 11.00 - 11.55 Sophie	<b>Aerobic-Mix</b> 12.15 - 13.10 Trix	<b>Bodypump</b> 13.15 - 14.10 Shadia							
	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 Soraya								
DI/MA 01.01.2019	Geschlossen Fermé												
MI/ME 02.01.2019	Raum Salle 1	<b>Rückengym</b> 09.00 - 09.55 Claudia	<b>Bodyforming</b> 10.00 - 11.15 Claudia		<b>Power Yoga</b> 12.15 - 13.10 Tim	<b>Zumba</b> 13.15 - 14.10 Patricia	<b>Bodypump</b> 14.15 - 15.10 Loly						
	Outdoor Raum Salle 2	<b>Indoor Cycling</b> 09.00 - 09.55 Fabien			<b>Intervall-Training</b> 12.15 - 13.10 Trix								
DO/JE 03.01.2019	Raum Salle 1	<b>Step &amp; Tone</b> 08.45 - 10.00 Trix	<b>Bodyforming</b> 10.05 - 11.00 Trix	<b>deepWORK</b> 11.00 - 12.10 Anina & Miriam	<b>Bodysculpt</b> 12.15 - 13.10 Loly	<b>Bodypump</b> 13.30 - 14.25 Stefan	<b>Rumpftrain.</b> 14.30 - 15.00 Stefan	<b>Power Yoga</b> 15.15 - 16.45 Tim		<b>Zumba</b> 17.00 - 17.55 Sabine	<b>Fitboxe</b> 18.00 - 18.55 Maya	<b>BBP / CAF</b> 19.00 - 19.55 Susí	<b>STRONG</b> 20.00 - 20.55 Ramona
	Raum Salle 2				<b>Indoor Cycling</b> 12.15 - 13.10 Tania					<b>bodyART</b> 17.20 - 18.15 Anina		<b>Indoor Cycling</b> 18.30 - 19.55 Soraya	<b>Power Yoga</b> 20.05 - 21.00 Jonathan
	Outdoor										<b>Intervall-Training</b> 18.00 - 18.55 Trix		
FR/VE 04.01.2019	Raum Salle 1	<b>Bodyforming</b> 09.00 - 09.55 Cora	<b>deepWORK</b> 10.00 - 10.55 Anina		<b>Bodyforming</b> 12.15 - 13.10 Trix	<b>Zumba</b> 13.15 - 14.10 Claudine	<b>STRONG</b> 14.15 - 15.10 Claudine			<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 Sophie
	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>STRONG</b> 18.00 - 18.55 Ramona	<b>Rumpftrain.</b> 19.15 - 19.45 Sophie	
SA/SA 05.01.2019	Raum Salle 1	<b>Aerobic-Mix</b> 09.00 - 09.55 Miriam	<b>Bodyforming</b> 10.00 - 10.55 Miriam	<b>M.A.X.</b> 11.00 - 11.30 Ramona	<b>Zumba</b> 11.35 - 12.30 Ramona	<b>Bodypump</b> 12.35 - 13.30 Shadia							
	Raum Salle 2		<b>Indoor Cycling</b> 10.00 - 11.25 Team										
	Outdoor	<b>Intervall-Training</b> 09.00 - 09.55 Trix											
SO/DI 06.01.2019	Raum Salle 1		<b>deepWORK</b> 10.00 - 10.55 Anina	<b>Bodypump</b> 11.00 - 11.55 Crisitna		<b>Zumba</b> 12.15 - 13.10 Patricia	<b>Bodypump</b> 13.15 - 14.10 Stefan						
	Outdoor			<b>Functional-T.</b> 10.30 - 11.25 Skel									

## Festtage | Jours de fêtes

31.12.2018 - 06.01.2019

