

		08.00 - 09.00	09.00 - 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	Step Aerobic 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	
DI / MA	Raum Salle 1		Bodyforming 08.45 - 10.00 Chantal	Pilates 10.05 - 11.00 Sandra	Pilates 11.05 - 12.00 Sandra	Bodyforming 12.15 - 13.10 Cindy			Zumba 17.00 - 17.55 Melinda	Bodyforming* 18.00 - 18.55 Carol	Fitboxe 19.00 - 19.55 Athanasé	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
MI / ME	Raum Salle 1	Rückengym 08.00 - 08.55 Claudia	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	bodyART 18.00 - 18.55 Anina	Zumba 19.00 - 19.55 Yicela	Bodypump 20.00 - 20.55 Carol
	Outdoor Raum Salle 2		Indoor Cycling 09.00 - 09.55 Fabien			Intervall-Training 12.15 - 13.10 Trix					Indoor Cycling 18.30 - 19.25 Paul Team	
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	Power Yoga 20.05 - 21.00 Jonathan
	Raum Salle 2					Indoor Cycling 12.15 - 13.10 Tania Team					Indoor Cycling 18.30 - 19.55 Soraya	
	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	Pilates 11.00 - 11.55 Sandra	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			Cross-Training 17.00 - 17.55 Ousmane	STRONG 18.00 - 18.55 Team	Rumpftrain. 19.15-19.45 Team	
SA / SA	Raum Salle 1		Step & Tone 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 13.20 - 14.15 Stefan				

Kursprogramm : März - April 2019

Programme des cours : Mars - Avril 2019

An folgenden Daten finden keine Kurse statt :

Les cours n'ont pas lieu aux dates suivantes :

Karfreitag, 19. April 2019 | Vendredi saint 19 avril 2019

Ostermontag, 22. April 2019 | Lundi de Pâques 22 avril 2019