

	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 - 21.05
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>Step Aerobic</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 bis   jusqu'au 27.5.		<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 bis   jusqu'au 27.5.	
DI / MA	Raum Salle 1		<b>Bodyforming</b> 08.45 - 10.00 Chantal	<b>Pilates - FR</b> 10.05 - 11.00 Sandra	<b>Pilates - FR</b> 11.05 - 12.00 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> 19.10 - 20.05 Athanase	<b>Bodypump</b> 20.10 - 21.05 Loly
	Raum Salle 2		<b>Zumba</b> 09.00 - 09.55 Sandra					<b>Pilates</b> 17.00 - 17.55 Eveline M	<b>HIIT°</b> 18.00 - 18.30 Ousmane		
MI / ME	Raum Salle 1	<b>Rückengym</b> 08.00 - 08.55 Claudia	<b>Rückengym</b> 09.00 - 09.55 Claudia	<b>Zumba</b> 10.00 - 10.55 Sandra	<b>Pilates - FR</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>bodyART</b> 18.00 - 18.55 Anina	<b>Zumba</b> 19.00 - 19.55 Yicela	<b>Bodypump</b> 20.00 - 20.55 Carol
	Raum Salle 2		<b>Indoor Cycling</b> 09.00 - 09.55 Fabien		<b>Power Yoga</b> 10.30 - 11.25 Tim					<b>Indoor Cycling</b> 18.30 - 19.25 Paul   Team	
	Outdoor Strandbad		<b>Bodyshape</b> 09.00 - 09.55 Jacqueline ab   dès 15.5.				<b>Intervall-Training</b> 12.15 - 13.10 Trix				
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>Bodypump</b> 12.15 - 13.10 Loly   Shadia		<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>Funky Urban Fit „Toning“</b> 20.00 - 20.55 Skel
	Raum Salle 2	<b>Pilates - DE</b> 08.00 - 08.55 Fatima				<b>Indoor Cycling</b> 12.15 - 13.10 Fabien			<b>Intervall-Training</b> 18.00 - 18.55 Trix		<b>Power Yoga</b> 20.05 - 21.00 Jonathan ab   dès 16.5.
FR / VE	Raum Salle 1		<b>Bodyforming</b> 09.00 - 09.55 Team	<b>deepWORK</b> 10.00 - 10.55 Anina	<b>Pilates - FR</b> 11.00 - 11.55 Sandra	<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>Cross-Training</b> 17.00 - 17.55 Ousmane	<b>STRONG</b> 18.00 - 18.55 Team	<b>Rumpftrain.</b> 19.15 - 19.45 Ousmane	
SA / SA	Raum Salle 1		<b>Step &amp; Tone</b> 09.00 - 09.55 Team	<b>Bodyforming</b> 10.00 - 10.55 Team	<b>M.A.X.</b> 11.00 - 11.30 Ramona   Sabrina	<b>Zumba</b> 11.35 - 12.30 Claudine   Ramona	<b>Bodypump</b> 12.35 - 13.30 Team				
	Outdoor		<b>Intervall-Training</b> 09.00 - 09.55 Trix	<b>Intervall-Training Anfänger   Débutants</b> 10.00 - 10.55 Trix							
SO / DI	Raum Salle 1			<b>Bodyattack - bodyart - deepwork</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> 13.20 - 14.15 Stefan			

## Kursprogramm : Mai - Juni 2019

### Programme des cours : Mai - Juin 2019

An folgenden Daten finden keine Kurse statt :  
 Les cours n'ont pas lieu aux dates suivantes :  
 Auffahrt, 30. Mai 2019 | Ascension 30 mai 2019  
 Pfingstmontag, 10. Juni 2019 | Lundi de Pentecôte 10 juin 2019