

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 - F</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>Indoor Cycling</b> 12.15 - 13.10 Roberto		<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 / ab 7.10	
	Stock Etage 5		<b>Power Yoga</b> 09.00 - 09.55 Tim	<b>Power Yoga</b> 10.00 - 10.55 Tim		<b>Power Yoga</b> 12.15 - 13.10 Jonathan			<b>Power Yoga</b> 17.30 - 18.25 Tim	<b>Pilates</b> 18.30 - 19.25 Fatima	<b>Pilates</b> 19.30 - 20.25 Fatima
DI/MA	Raum Salle 1	<b>Power Yoga</b> 07.10 - 08.05 Stéphanie	<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 - Cross Training</b> 19.00 - 19.55 Team	<b>Bodypump</b> 20.05 - 21.00 Loly
	Raum Salle 2		<b>Zumba</b> 09.00 - 09.55 Sandra			<b>Indoor Cycling</b> 12.15 - 13.10 Prisca / ab 1.10				<b>Indoor Cycling°</b> 18.30 - 19.25 Philippe / ab 1.10	<b>HIIT°</b> 19.45 - 20.30 Ousmane
	Stock Etage 5		<b>Hatha Yoga</b> 08.30 - 10.00 Fabien	<b>Hatha Yoga</b> 10.05 - 11.00 Fabien		<b>Power Yoga</b> 12.15 - 13.10 Tim		<b>Pilates</b> 17.00 - 17.55 Eveline M	<b>Pilates</b> 18.00 - 18.55 Eveline M		
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 Team	<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 Bernard	
	Outdoor Strandbad		<b>Bodyshape</b> 09.00 - 09.55 Jacqueline / bis 4.9.19			<b>Intervall-Training</b> 12.15 - 13.10 Trix					
DO/JE	Raum   Salle 1   Strandbad		<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 Shadia   Loly		<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>Power Yoga</b> 20.05 - 21.00 Jonathan / bis 5.9 im S.
	Raum   Salle 2   Outdoor	<b>Pilates</b> 08.00 - 08.55 Fatima				<b>Indoor Cycling</b> 12.15 - 13.10 Arnaldo		<b>HIIT</b> 17.30 - 18.15 Cristina	<b>Intervall-Jogging</b> 18.00 - 18.55 Trix	<b>Indoor Cycling</b> 18.30 - 19.55 Fabien / ab 3.10	
FR/VE	Raum Salle 1		<b>Bodyforming</b> 09.00 - 09.55 Team	<b>deepWORK</b> 10.00 - 10.55 Team	<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> 18.00 - 18.55 Ousmane	<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-Jogging</b> 09.00 - 09.55 Trix	<b>Intervall-Training Anfänger   Débutants</b> 10.00 - 10.55 Trix							
SO/DI	Raum Salle 1			<b>Cardio-Workout-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 : September - Oktober 2019

## Programme des cours : Septembre - Octobre 2019