

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 - 12.00 Sophie	<b>Step Aerobic</b> 12.15 - 13.10 Trix		<b>Bodypump®</b> 16.50 - 17.50 Shadia	<b>Pilates - F</b> 18.00 - 18.55 Sandra	<b>Bodyforming®</b> 19.05 - 20.00 Nadja	<b>Step &amp; Tone</b> 20.10 - 21.05 Ramona / Sandra
	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	
	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> 17.15 - 18.10 Tim	<b>Pilates</b> 18.15 - 19.10 Fatima		<b>Power Yoga</b> 20.10 - 21.05 Silvia / Sandrine
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> 18.05 - 19.00 Carol	<b>Fitboxe</b> 19.10 - 20.05 Maya	<b>Bodypump</b> 20.15 - 21.15 Loly
	Raum Salle 2		<b>Zumba</b> 09.00 - 09.55 Sandra			<b>Indoor Cycling</b> 12.15 - 13.10 Prisca				<b>Indoor Cycling®</b> 18.30 - 19.25 Philippe	<b>HIIT®</b> 19.45-20.30 Ousmane
	Stock Etage 5		<b>Hatha Yoga</b> 9.30 - 10.25 Fabien					<b>Pilates</b> 17.00 - 17.55 Eveline M	<b>Pilates</b> 18.00 - 18.55 Eveline		
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 - 17.50 Loly	<b>bodyART</b> 18.00 - 18.55 Team	<b>Zumba</b> 19.05 - 20.00 Cidalia	<b>Bodypump</b> 20.10 - 21.05 Carol
	Raum   Salle 2 Outdoor		<b>Indoor Cycling</b> 09.00 - 09.55 Fabien / Team		<b>Power Yoga</b> 10.30 - 11.25 Tim	<b>Intervall-Jogging</b> 12.15 - 13.10 Trix				<b>Indoor Cycling</b> 18.30 - 19.25 Bernard	
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 - 13.15 Shadia   Loly		<b>Zumba</b> 17.00 - 17.55 Anita	<b>Fitboxe</b> 18.05 - 19.00 Maya	<b>BBP / CAF</b> 19.10 - 20.05 Susi	<b>Power Yoga</b> 20.15 - 21.10 Jonathan
	Raum   Salle 2 Outdoor					<b>Indoor Cycling</b> 12.15 - 13.10 Arnaldo			<b>HIIT</b> 17.30 - 18.15 Cristina	<b>Long-Jogging</b> 18.00 - 19.25/35 Trix	<b>Indoor Cycling</b> 18.30 - 19.55 Fabien
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 - 17.50 Loly	<b>Bodyforming</b> 18.00 - 18.55 Trix	<b>Zumba</b> 19.05 - 20.00 Melinda	<b>Bodypump</b> 20.10 - 21.10 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>Rumpftrain.</b> 19.15-19.45 Team	
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 - 13.35 Team				
	Raum Salle 2 Outdoor			<b>Indoor Cycling</b> 10.00 - 11.25 Team							
SO / DI	Raum Salle 1		<b>Intervall-Jogging</b> 09.00 - 09.55 Trix	<b>Intervall-Jogging</b> 10.00 - 10.55 Trix							
	Raum Salle 1		<b>Bodyforming - Mix</b> 09.00 - 09.55 Team	<b>Cardio - Workout - STRONG - deepWORK</b> 10.00 - 10.55 Team	<b>Bodypump®</b> 11.00 - 12.00 Team	<b>Zumba</b> 12.15 - 13.10 Team	<b>Bodypump</b> 13.20 - 14.20 Stefan	<b>Zumba</b> 14.30 - 15.25 Team			

## Kursprogramm

# März - April 2020

Ostern : 10.- 13. April 2020 gemäss Spezial-Programm Ostern  
Im April : keine Kurse im 5.Stock aufgrund Umbauarbeiten

## Programme des cours

# Mars - Avril 2020

Pâques : 10 - 13 avril 2020 selon programme spécial de Pâques  
En avril : pas de cours au 5<sup>ème</sup> étage en raison de travaux