

SAAL 1

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:30 - 10:30 Pump		09:30 - 10:30 TRX		09:00 - 10:00 Indoor Cycling
11:45 - 12:45 Firma			12:00 - 13:00 Pump/BBP	
18:00 - 19:00 Indoor Cycling	18:00 - 19:00 swissjump®	18:00 - 19:00 Pilates	17:45 - 18:45 swissjump®	
19:00 - 20:00 Tae Bo	19:00 - 20:00 FunTone	19:00 - 20:00 Tae Bo	19:00 - 20:00 Indoor Cycling	

SAAL 2

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	09:00 - 10:15 TriYoga			
	16:00 - 17:00 KinderTanzen² KinderYoga			
17:00 - 18:00 Pilates	17:00 - 18:00 KinderTanzen² KinderYoga			
18:00 - 19:00 BBP				
			19:30 - 20:30 TRX	
19:00 - 21:30 Line Dance¹		18:30 - 21:30 Line Dance¹		