

# Group Fitness Programm

<b>Montag</b>	08.40	Stretching	Mary	30	Arena
	09.15	Vinyasa Yoga <sup>1</sup>	Youngju	55	Arena
	10.15	Fit mit 60+	Noemi	55	Arena
	12.15	Lunchtime	Luis / Jonas	45	Arena
	18.30	deepWORK®	Chregi	55	Arena
	19.00	Indoor Cycling <sup>3</sup>	Werni / Nicole	75	Cycling
	19.30	Vinyasa Yoga	Youngju	55	Arena
<b>Dienstag</b>	08.45	TRX® Suspension Training® <sup>1</sup>	Juliette	55	Arena
	09.00	Indoor Cycling <sup>1,3</sup>	René/ Hubi	75	Cycling
	18.15	Indoor Cycling <sup>3</sup>	Vanessa	60	Cycling
	18.30	M.A.X.®	Sandi	30	Arena
	19.05	Core	Sandi	30	Arena
<b>NEUE ZEIT</b>	18.45	bellicon® JUMPING <sup>2</sup>	Melanie	55	Jump
	19.45	Stretching	Mary	30	Arena
<b>Mittwoch</b>	08.45	deepWORK® <sup>1</sup>	Chregi	55	Arena
	18.30	Pilates	Carla	55	Arena
	19.00	Indoor Cycling <sup>3</sup>	Dani / Eveline	75	Cycling
	19.30	Body Workout	Lena	55	Arena
<b>Donnerstag</b>	09.00	bellicon® JUMPING <sup>1,2</sup>	Corin	55	Jump
	18.30	Bewegte Rückbildung <sup>2</sup>	Cathy	55	Arena
	19.15	bellicon® JUMPING <sup>2</sup>	Betty	55	Jump
	19.00	Indoor Cycling <sup>3</sup>	Andrea / Mäsu	75	Cycling
	19.30	BODYPUMP™	Jasmin	75	Arena
<b>Freitag</b>	08.45	Pilates <sup>1</sup>	Cathy	55	Arena
	18.30	BODYART®	Simone	55	Arena
<b>Samstag</b>	09.00	Surprise <sup>1</sup> Body Workout, TRX, BODYART®	TEAM	55	Arena
<b>Sonntag</b>	09.30	BODYPUMP™	Ursula	75	Arena
	09.30	Indoor Cycling <sup>3</sup>	TEAM	75	Cycling

<sup>1</sup> Kinderbetreuung von 08.30 – 11.00 Uhr

<sup>2</sup> mit Online-Reservation in unserer App

<sup>3</sup> Indoor Cycling Saison bis 1. April 2021

Reserviere dir deinen Platz in unserer App «Fühl dich gut».  
Jetzt kostenlos downloaden.

