

# Group Fitness Programm

<b>Montag</b>	09.00	bellicon® JUMPING <sup>1</sup>	Lena	45	Jump
	10.15	Fit mit 60+	Noemi	55	Arena
	18.30	Vinyasa Yoga	Youngju	60	Arena
	<b>19.00</b>	<b>Indoor Cycling <sup>2</sup></b>	<b>Werner</b>	<b>75</b>	<b>Cycling</b>
	19.35	DEEPWORK®	Chregi	55	Arena
<b>Dienstag</b>	08.45	TRX® Suspension Training® <sup>1</sup>	Lea	55	Arena
	<b>09.00</b>	<b>Indoor Cycling <sup>1,2</sup></b>	<b>René</b>	<b>75</b>	<b>Cycling</b>
	09.45	Tabata <sup>1</sup>	Dominik	30	Arena
	18.45	bellicon® JUMPING	Melanie	55	Jump
	19.45	Tabata	Jonas	30	Arena
<b>Mittwoch</b>	08.45	DEEPWORK® <sup>1</sup>	Chregi	55	Arena
	18.30	bodyBURN	Sandi	45	Arena
	<b>19.00</b>	<b>Indoor Cycling <sup>2</sup></b>	<b>Mäsu</b>	<b>75</b>	<b>Cycling</b>
	19.30	Bewegte Rückbildung	Cathy	55	Arena
<b>Donnerstag</b>	18.30	BODYART®	Simone	55	Arena
	<b>19.00</b>	<b>Indoor Cycling <sup>2</sup></b>	<b>Andrea / Vanessa</b>	<b>75</b>	<b>Cycling</b>
	19.30	BODYPUMP™	Jeannine	75	Arena
<b>Freitag</b>	08.40	stretch & flow <sup>1</sup>	Muriel	30	Arena
	09.15	Pilates <sup>1</sup>	Cathy	55	Arena
<b>Samstag</b>	09.00	Surprise <sup>1</sup> Body Workout, TRX, BODYART®	TEAM	55	Arena
<b>Sonntag</b>	<b>09.30</b>	<b>Indoor Cycling <sup>2</sup></b>	<b>TEAM</b>	<b>75</b>	<b>Cycling</b>

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

<sup>2</sup> Indoor Cycling Saison bis 6. April 2022

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