

SAAL 1

Montag	Dienstag	Mittwoch	Donnerstag
09:30 - 10:30 Pump		09:30 - 10:30 TRX	
11:45 - 12:45 Firma			
18:00 - 19:00 Indoor Cycling	18:00 - 19:00 swissjump®	18:00 - 19:00 Stretching	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
	09:00 - 10:15 TriYoga		
17:00 - 18:00 Pilates			
18:00 - 19:00 BBP			
			19:00 - 20:00 TRX



Freitag

09:00 - 10:00
Indoor Cycling



Freitag
