

Kursplan Group Fitness

Gültig ab Februar 2012

Green Room

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|-------------------------|---|--------------------------|--------------------|------------------------------|------------|-------------------------|
| 09.15 | | | Pilates Stefano | | | | |
| 10.15 | | | | | ChiYoga Marianne | Carina | |
| 11.00 | | | | | | | Schwinn Cycling Team |
| 12.15 | | | | Pilates Stefano | Schwinn Cycling Hans-Jörg | | |
| 18.00 | | | | | 17.45 Heidi | | |
| 18.30 | Heidi | 19.00h Schwinn Cycling Mario | Pilates Sue | Sue | Pilates Petra v.A. | | |
| 19.30 | Schwinn Cycling Fäbu | | Schwinn Cycling Rahel | | Schwinn Cycling Verena | | |

Blue Room

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|---------------------------|-------------------------|---|---------------------------|----------------------|---------------------------|-------------------------------------|
| 09.15 | Heidi | Step & Tone Danushka | | Heidi | Step & Tone Nadja | Team | 09.45 Technikschulung |
| 10.15 | | Ramona | Nina | | | Rahel | 10.00 Team |
| 11.00 | | | | | | 11.30 Rahel | |
| 12.15 | Sue | Ramona | Nadja | | | | |
| 17.00 | | | | Kidz Dance Valéria | Michèle | | |
| 18.00 | 18.15 Nadja | Daniel | Michèle | Atilla | Désirée | | |
| 19.00 | Alberto | Saskia | Body Toning Petra v.A. | Luzia | Sue/Ramona | | |
| 20.00 | Patrizia | Pierre | 20.00 – 21.15 Power Yoga Tanja | 20.15 Rahel | | | |

Änderungen vorbehalten