



MONTAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.15 - 07.10	Cycling 55'	Piero	all	3
	08.55 - 09.55	deep Work - Body Toning im Wechsel	Edith	all	1
	10.00 - 10.55	Pilates	Sandra R.	all	1
	18.00 - 18.55	Power Work	Odette	all	1
	18.30 - 19.45	Cycling 75'	Alice	all	3
	19.00 - 19.55	Zumba	Marino	all	1
	20.00 - 20.55	Power Yoga	Milena	all	1
DIENSTAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.30 - 07.15	Functional Training	Patrik	all	2
	08.30 - 09.25	Rücken Gym	Domi	all	1
	08.45 - 09.55	Cycling 75'	Alice	all	3
	09.00 - 09.55	Functional Training	Corina	all	2
	10.00 - 10.55	Power Yoga	Corina	all	1
	12.15 - 13.00	M.A.X. - Core 45'	Team	medium	1
	18.00 - 18.55	Pilates	Odette	all	1
	19.00 - 19.55	Power Work	Sandra C.	all	2
	19.00 - 19.55	TaeBo	Oli	all	1
MITTWOCH	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.15 - 07.10	Cycling 55'	Piero	all	3
	08.30 - 09.25	Functional Training	Alice	all	2
	09.30 - 10.25	Faszien Stretching	Alice	all	1
	18.00 - 18.55	Body Toning	Edith	all	1
	19.00 - 19.55	Zumba	Marino	all	1
DONNERSTAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.30 - 07.15	Functional Training	Diego	all	2
	09.00 - 09.55	Cycling 55'	Alice	all	3
	09.00 - 09.55	M.A.X. & Core 55'	Corina	medium	2
	09.00 - 09.55	Rumpf & Balance	Piero	all	1
	10.00 - 10.55	Faszien Stretching	Corina	all	1
	18.00 - 18.55	Power Work	Odette	all	1
	18.00 - 18.25	aeroSling 25'	Sandra C.	all	2
	18.30 - 19.00	M.A.X. 30'	Alice	medium	2
	19.05 - 19.30	Core 25'	Alice	all	2
	19.00 - 19.55	Pilates	Chiara	all	1
	19.35 - 20.30	Faszien Stretching	Alice	all	2
FREITAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.15 - 07.10	Cycling 55'	Giussi	all	3
	08.30 - 09.25	Body Art	Stephie	all	1
	09.30 - 10.25	Pilates 55'	Stephie	all	1
	12.15 - 13.00	Cycling 45'	Ferienpause bis Herbst		
	18.30 - 19.25	Zumba 1 x pro Monat, s. Aushang	Marino	all	1
	18.30 - 19.25	Cycling 55' 1 x pro Monat, s. Aushang	Alice	all	3