



MONTAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.30 - 07.25	Cycling 55'	Piero	all	3
	09.00 - 09.55	deep Work	Edith	medium	1
	09.00 - 09.55	Body Toning	Eliane	all	2
	10.15 - 11.10	Pilates	Sandra	all	1
	18.00 - 18.55	Power Work	Odette	all	1
	18.30 - 19.00	M.A.X. 30'	Marino	medium	2
	19.00 - 20.15	Cycling 75'	Alice	medium	3
	19.15 - 20.10	Zumba	Marino	all	1
	20.00 - 20.55	Power Yoga	Milena	all	2
DIENSTAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	08.30 - 09.25	Rücken Gym	Noemi	all	1
	08.45 - 09.55	Cycling 75'	Alice	medium	3
	09.00 - 09.55	Power Work	Corina	all	2
	10.00 - 10.55	Power Yoga	Corina	all	1
	12.15 - 13.00	M.A.X. - Core 45'	Dajana	medium	1
	18.00 - 18.55	Pilates	Odette	all	1
	19.15 - 20.10	Power Work	Sandra C.	all	2
	19.15 - 20.10	TaeBo	Oli	all	1
MITTWOCH	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.30 - 07.25	Cycling + BioCircuit	Piero	all	3
	08.30 - 09.10	Cycling Warm UP	Piero	all	3
	09.00 - 09.55	BOOST	Alice	all	1
	18.00 - 18.55	Body Toning	Edith	all	1
	18.15 - 19.00	BOOST	Marino	all	2
	19.15 - 20.10	Zumba	Marino	all	1
DONNERSTAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	09.00 - 09.55	Cycling 55'	Alice	all	3
	09.30 - 10.00	M.A.X. 30'	Corina	medium	1
	10.05 - 10.30	Bauch-Core 25'	Corina	all	1
	18.00 - 18.55	Power Work	Odette	all	1
	18.00 - 18.25	aeroSling 25'	Sandra C.	medium	2
	18.30 - 19.00	M.A.X. 30'	Alice	medium	2
	19.05 - 19.30	Bauch & Core 25'	Alice	all	2
	19.15 - 20.10	Antara - Rücken	Leidi	all	1
FREITAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.30 - 07.30	Cycling 30' + aeroSling 25'		all	3
	08.30 - 09.15	Cycling + BioCircuit	Piero	all	3
	08.30 - 08.55	Pilates Basic 25'	Odette	all	1
	08.30 - 09.25	Cycling + BioCircuit	Piero	all	3
	09.00 - 09.55	Body Toning	Odette	all	1
	09.00 - 09.55	Antara	Andrea	all	2
	18.30 - 19.25	Zumba	Marino	all	1
		Daten gem. sep. Aushang			