

Group Fitness Plan 01. September - 30. September

Indoor Kurse

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	09.30-10.30 Pilates	09.15-10.15 Cycling	09.30-10.30 Aroha	09.30-10.30 Pilates	
12.15-13.15 Cycling					
18.00-18.55 BWT	18.00-18.55 Yoga		18.00-18.55 Pilates		
19.00-19.55 Kick	19.00-19.55 Piloxing	19.00-19.55 Zumba	19.00-19.55 BBP		
Ab Oktober 20.00 BodyART			19.15-20.15 Cycling		

Outdoor Kurse

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
		18.00-19.00 SwissFIT			11.00-12.00 Zumba