

# Group-Fitness 22.09.2025-28.09.2025

| Tag                                                                               | Von   | Bis   | Art                                | Instruktor   | Ersatz              |
|-----------------------------------------------------------------------------------|-------|-------|------------------------------------|--------------|---------------------|
| <b>Montag</b>                                                                     | 08.10 | 08.30 | Atem Meditation ohne Anmeldung     | Anja         |                     |
|                                                                                   | 08.45 | 09.45 | Toning                             | Sandra       |                     |
|                                                                                   | 10.00 | 10.55 | Fitness Tai Chi                    | Sandra       |                     |
|                                                                                   | 11.00 | 12.00 | Pilates                            | Marta        |                     |
|                                                                                   | 12.15 | 13.00 | Power Circuit                      | Ibrahim      |                     |
|  | 13.15 | 14.15 | Cycling für alle und Sehbehinderte | Imad         |                     |
|                                                                                   | 18.00 | 18.50 | Toning                             | Sonja        |                     |
|                                                                                   | 19.00 | 20.00 | Body Pump                          | Janine       |                     |
|                                                                                   |       |       |                                    |              |                     |
| <b>Dienstag</b>                                                                   | 08.15 | 09.15 | Body Boost                         | Ana          | <b>Michelle S.</b>  |
|                                                                                   | 09.30 | 10.25 | Dance Aerobic                      | Lidia M.     |                     |
|                                                                                   | 10.30 | 11.30 | Vinyasa Flow Yoga                  | Lidia M.     |                     |
|                                                                                   | 18.00 | 19.00 | Pilafit                            | Joschua      |                     |
|                                                                                   | 19.15 | 20.15 | Zumba                              | Paola        | <b>Mit Sharon</b>   |
|                                                                                   |       |       |                                    |              |                     |
| <b>Mittwoch</b>                                                                   | 08.30 | 09.30 | BodyPump®                          | Sarah        |                     |
|                                                                                   | 09.45 | 10.45 | Body Mix                           | Andrea       |                     |
|                                                                                   | 12.15 | 13.15 | Rückenfit                          | Ana          | <b>Christine B.</b> |
|                                                                                   | 18.00 | 18.55 | Toning                             | Sonja        | <b>Elia</b>         |
|                                                                                   | 19.10 | 20.00 | World Jumping                      | Janine       |                     |
|                                                                                   | 20.10 | 21.10 | Tri Yoga                           | Astrid       |                     |
|                                                                                   |       |       |                                    |              |                     |
| <b>Donnerstag</b>                                                                 | 08.30 | 09.30 | Body & Mind Balance                | Ana          | <b>Astrid</b>       |
|                                                                                   | 09.45 | 10.45 | Zumba                              | Paola        |                     |
|                                                                                   | 11.00 | 12.00 | Rückenfit                          | Ana          | <b>Christine B.</b> |
|                                                                                   | 12.15 | 13.00 | HIIT Core Express                  | Ibrahim      |                     |
|                                                                                   | 19.15 | 20.15 | <b>Body Pump Neu !</b>             | <b>Sarah</b> | <b>Olaf</b>         |
|                                                                                   |       |       |                                    |              |                     |
| <b>Freitag</b>                                                                    | 08.15 | 09.15 | Body Pump                          | Olaf         |                     |
|                                                                                   | 09.30 | 10.25 | Barre                              | Samantha     |                     |
|                                                                                   | 10.30 | 11.30 | Pilates                            | Marta        |                     |
|                                                                                   | 17.15 | 18.15 | Body Mix                           | Andrea       |                     |
|                                                                                   |       |       |                                    |              |                     |
| <b>Samstag</b>                                                                    | 8.30  | 09.20 | Step                               | Nichy        |                     |
|                                                                                   | 9.30  | 10.30 | Zumba                              | Nichy        |                     |
|                                                                                   | 10.45 | 11.45 | World Jumping                      | Ana          | <b>Nilu</b>         |
|                                                                                   |       |       |                                    |              |                     |
| <b>Sonntag</b>                                                                    | 10.30 | 11.30 | Body Pump                          | <b>Sarah</b> |                     |

Anmeldung: <https://fitness-muehle matt.ch/group-fitness/termin-buchen/> 6 Tage vor Kursbeginn möglich.  
ÄNDERUNGEN vorbehalten.