

# Group-Fitness 28.07.2025 – 03.08.2025

| Tag                                                                               | Von          | Bis          | Art                                   | Instruktor        | Ersatz           |
|-----------------------------------------------------------------------------------|--------------|--------------|---------------------------------------|-------------------|------------------|
| <b>Montag</b>                                                                     | <b>08.10</b> | <b>08.30</b> | <b>Atem Meditation ohne Anmeldung</b> | <b>Anja</b>       |                  |
|                                                                                   | 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 H.            |                  |
|                                                                                   | 09.30        | 10.25        | Dance Aerobic                         | Lidia M.          |                  |
|                                                                                   | 10.30        | 11.30        | Vinyasa Flow Yoga                     | Lidia M.          |                  |
|                                                                                   | 18.00        | 19.00        | Pilafit                               | Joschua           | <b>Marta</b>     |
|                                                                                   | 19.15        | 20.15        | Zumba                                 | Sharon            |                  |
|                                                                                   |              |              |                                       |                   |                  |
| <b>Mittwoch</b>                                                                   | 08.30        | 09.30        | BodyPump®                             | Sarah             |                  |
|                                                                                   | 09.45        | 10.45        | Body Mix                              | Andrea            |                  |
|                                                                                   | 12.15        | 13.15        | Rückenfit                             | Clarisse          | <b>Fällt aus</b> |
|                                                                                   | 18.00        | 18.55        | Toning                                | Sonja             | <b>Fällt aus</b> |
|                                                                                   | 19.10        | 20.00        | World Jumping                         | Janine            | <b>Nilu</b>      |
|                                                                                   | 20.10        | 21.10        | Tri Yoga                              | Astrid            | <b>Fällt aus</b> |
|                                                                                   |              |              |                                       |                   |                  |
| <b>Donnerstag</b>                                                                 | 08.30        | 09.30        | Body & Mind Balance                   | Ana H             |                  |
|                                                                                   | 09.45        | 10.45        | Zumba                                 | Paola             |                  |
|                                                                                   | 11.00        | 12.00        | Rückenfit                             | <b>Ana H.</b>     |                  |
|                                                                                   | 12.15        | 13.00        | HIIT Core Express                     | Ibrahim           |                  |
|                                                                                   | <b>19.15</b> | <b>20.15</b> | <b>Body Pump NEU ab 14.08</b>         | <b>Sarah</b>      |                  |
|                                                                                   |              |              |                                       |                   |                  |
| <b>Freitag 1 August</b>                                                           | 10.30        | 11.30        | HIIT Core Express                     | Ibrahim           |                  |
|                                                                                   |              |              |                                       |                   |                  |
| <b>Samstag</b>                                                                    | 8.30         | 09.20        | Step Dance                            | Nichy             |                  |
|                                                                                   | 9.30         | 10.30        | Zumba                                 | Nichy             |                  |
|                                                                                   | 10.45        | 11.45        | World Jumping                         | Ana H.            |                  |
|                                                                                   |              |              |                                       |                   |                  |
| <b>Sonntag</b>                                                                    | 10.30        | 11.30        | Body Pump                             | <b>Sven/ Olaf</b> |                  |

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