

# Group-Fitness 04.08.2025 – 10.08.2025

| 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>Doris</b>     |
|                                                                                   | 19.15        | 20.15        | Zumba                                 | <b>Paola</b>  |                  |
|                                                                                   |              |              |                                       |               |                  |
| <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>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 ab 14.08</b>             | <b>Sarah</b>  |                  |
|                                                                                   |              |              |                                       |               |                  |
| <b>Freitag</b>                                                                    | 08.15        | 09.15        | Body Pump                             | Olaf          | <b>Janine</b>    |
|                                                                                   | 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 Dance                            | Nichy         |                  |
|                                                                                   | 9.30         | 10.30        | Zumba                                 | Nichy         |                  |
|                                                                                   | 10.45        | 11.45        | World Jumping                         | Ana H.        | <b>Janine</b>    |
|                                                                                   |              |              |                                       |               |                  |
| <b>Sonntag</b>                                                                    | 10.30        | 11.30        | Body Pump                             | <b>Sarah</b>  |                  |

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