

Group-Fitness 14.10.2024 – 20.10.2024

| Tag | Von | Bis | Art | Instruktor | Ersatz |
|---|-------|-------|------------------------------------|------------|-----------------|
| Montag | 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 | Zoé | |
| | | | | | |
| Dienstag | 08.15 | 09.15 | BBP-0 | 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 | |
| | 19.15 | 20.15 | Zumba | Sharon | |
| | | | | | |
| Mittwoch | 08.30 | 09.30 | BodyPump® | Sarah | |
| | 09.45 | 10.45 | Body Mix | Andrea | |
| | 12.15 | 13.15 | Rückenfit | Ana L. | |
| | 18.00 | 18.55 | Toning | Sonja | |
| | 19.10 | 20.00 | World Jumping | Ana H. | |
| | 20.10 | 21.10 | Tri Yoga | Astrid | |
| | | | | | |
| Donnerstag | 08.30 | 09.30 | BBP | Ana H. | |
| | 09.45 | 10.45 | Zumba | Paola | |
| | 11.00 | 12.00 | Rückenfit | Ana L. | |
| | 12.15 | 13.00 | HIIT Core Express | Ibrahim | Samantha |
| | 19.15 | 20.15 | Dance | Pilar | |
| | | | | | |
| Freitag | 08.15 | 09.15 | Body Pump | Olaf | Kerstin |
| | 09.30 | 10.25 | Barre | Samantha | |
| | 10.30 | 11.30 | Pilates | Marta | |
| | 17.15 | 18.15 | Body Mix | Andrea | |
| | | | | | |
| Samstag | 8.30 | 09.20 | Step Dance | Nichy | |
| | 9.30 | 10.30 | Zumba | Nichy | |
| | 10.45 | 11.45 | World Jumping | Ana H. | |
| | | | | | |
| Sonntag | 10.30 | 11.30 | Body Pump | Leo | |

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