

# Group-Fitness 16.03.2026 – 22.03.2026

| Tag   | Von   | Bis   | Art                                    | Instruktor | Ersatz      |
|---|-------|-------|--|------------|-------------|
| <b>Montag</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 Sehbehinderte und alle     | Imad       |             |
|   | 18.00 | 18.50 | Toning                                 | Sonja      |             |
|   | 19.00 | 20.00 | Body Pump                              | Nicole     |             |
|   |       |       |  |            |             |
| <b>Dienstag</b>   | 08.15 | 09.15 | Body Boost                             | Ana        |             |
|   | 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     |             |
|   |       |       |  |            |             |
| <b>Mittwoch</b>   | 08.30 | 09.30 | BodyPump®                              | Sarah      | <b>Team</b> |
|   | 09.45 | 10.45 | Body Mix                               | Andrea     |             |
|   | 11.00 | 11.30 | Atemmeditation                         | Anja       |             |
|   | 12.15 | 13.15 | Rückenfit                              | Ana        |             |
|   | 18.00 | 18.55 | Toning                                 | Sonja      |             |
|   | 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        |             |
|   | 09.45 | 10.45 | Zumba                                  | Paola      |             |
|   | 11.00 | 12.00 | Rückenfit                              | Ana        |             |
|   | 12.15 | 13.00 | HIIT Core Express                      | Ibrahim    |             |
|   | 19.15 | 20.15 | Body Pump                              | Sarah      | <b>Leo</b>  |
|   |       |       |  |            |             |
| <b>Freitag</b>  | 08.15 | 09.15 | Body Pump                              | Olaf       |             |
|   | 09.30 | 10.15 | Core Mobility                          | Samantha   |             |
|   | 10.30 | 11.30 | Pilates                                | Marta      |             |
|   | 17.15 | 18.15 | Body Mix <i>(auch mit Daytime Abo)</i> | Andrea     |             |
|   |       |       |  |            |             |
| <b>Samstag</b>  | 8.30  | 09.20 | Step Dance                             | Nichy      |             |
|   | 9.30  | 10.30 | Zumba                                  | Nichy      |             |
|   | 10.45 | 11.45 | World Jumping                          | Ana        | Nichy       |
|   |       |       |  |            |             |
| <b>Sonntag</b>  | 10.30 | 11.30 | Body Pump                              | Zoe        |             |

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