

# Group-Fitness 19.10.2026 – 25.10.2026

| Tag                                                                               | Von   | Bis   | Art                                | Instruktor | Ersatz      |
|-----------------------------------------------------------------------------------|-------|-------|------------------------------------|------------|-------------|
| <b>Montag</b>                                                                     | 08.45 | 09.40 | Bodyshape                          | Sandra     |             |
|                                                                                   | 09.45 | 10.45 | Tai Chi                            | Sandra     |             |
|                                                                                   | 11.00 | 12.00 | Pilates                            | Marta      |             |
|                                                                                   | 12.15 | 13.00 | Power Circuit                      | Ibo        |             |
|  | 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 | Functional Body                    | Joschua    |             |
|                                                                                   | 19.15 | 20.15 | Zumba                              | Sharon     |             |
|                                                                                   |       |       |                                    |            |             |
| <b>Mittwoch</b>                                                                   | 08.30 | 09.30 | BodyPump®                          | Sarah      |             |
|                                                                                   | 09.45 | 10.45 | Body Mix                           | Andrea     |             |
|                                                                                   | 11.00 | 12.00 | Rückenfit                          | Ana        |             |
|                                                                                   | 12.15 | 13.00 | Athletic Power                     | Ibo        |             |
|                                                                                   | 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 | Power Morning Yoga                 | Astrid     |             |
|                                                                                   | 09.45 | 10.45 | Zumba                              | Paola      |             |
|                                                                                   | 11.00 | 12.00 | Rückenfit                          | Ana        |             |
|                                                                                   | 12.15 | 13.00 | HIIT Core Express                  | Ibo        |             |
|                                                                                   | 19.15 | 20.15 | Body Pump                          | Lena       | <b>Team</b> |
|                                                                                   |       |       |                                    |            |             |
| <b>Freitag</b>                                                                    | 08.15 | 09.15 | Body Pump                          | Olaf       |             |
|                                                                                   | 09.30 | 10.15 | Core Mobility                      | Sam        |             |
|                                                                                   | 10.30 | 11.30 | Pilates                            | Marta      |             |
|                                                                                   | 17.15 | 18.15 | Body Mix (auch mit Daytimeabo)     | Andrea     |             |
|                                                                                   |       |       |                                    |            |             |
| <b>Samstag</b>                                                                    | 8.30  | 09.20 | Step Dance                         | Nichy      |             |
|                                                                                   | 9.30  | 10.30 | Zumba                              | Nichy      |             |
|                                                                                   | 10.45 | 11.45 | World Jumping                      | Ana        |             |
|                                                                                   |       |       |                                    |            |             |
| <b>Sonntag</b>                                                                    | 10.30 | 11.30 | Body Pump                          | Sven       |             |

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