Group Fitness

Winter 2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	09.30-10.30 Pilates	09.15-10.15 Cycling	09.30-10.30 Aroha	09.30-10.30 Pilates	
					10.30-11.30 Cycling
12.15-13.15 Cycling					11.00-12.00 Zumba
18.00-18.55 BWT	18.00-18.55 Chi Yoga	18.00-18.55 Swiss F.I.T.	18.00-18.55 Pilates	18.00-18.55 Swiss Pump	
19.00-19.55 Kick	19.00-19.55 Piloxing	19.00-19.55 Zumba	19.00-19.55 Step & Tone		
19.15-20.15 Cycling		19.15-20.15 Cycling			
20.00-20.55 BodyART	20.00-20.55 BBP	20.00-20.55 Swiss Pump			

Änderungen vorbehalten! Stand: 15.10.2026