

# Group Fitness

## Winter 2025

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

Änderungen vorbehalten! Stand:15.10.2025