

Kursplan

26.02.2024 - 03.03.2024

| Montag 26.02.2024 | Dienstag 27.02.2024 | Mittwoch 28.02.2024 | Donnerstag 29.02.2024 | Freitag 01.03.2024 | Samstag 02.03.2024 | Sonntag 03.03.2024 |
|-----------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|--------------------------------------------------|------------------------------------------------|
| 08:00 - 09:00 FT-CLUB Strength Kathrin Gerber | 09:00 - 09:50 Rückenfit Nick Plattner | 09:00 - 09:50 Pilates Lidia | 09:30 - 10:20 TRX Suspension Trai... Steffi Soder | 08:30 - 09:20 Indoor Cycling Adrian Käser | 09:15 - 10:00 Yoga Priscilla | 10:00 - 11:30 Indoor Cycling Verschieden |
| 09:00 - 10:00 FT-CLUB Movement Kathrin Gerber | 12:15 - 13:15 FT-CLUB Burn Kathrin Gerber | 09:00 - 10:00 FT-CLUB Mobility Melanie Rösch | 18:00 - 18:50 Sypoba Basic/Progre... Adrian Käser | 09:30 - 10:20 Body-Barres Leoni Dornbierer | 10:00 - 11:00 FT-CLUB Strength Verschieden | |
| 09:00 - 09:50 Pilates Nadine | 17:00 - 17:45 Yoga Sally Egger | 10:00 - 10:50 Pilates Lidia | 18:55 - 19:45 BBP Claudia | 12:15 - 13:05 Body-Barres Leoni Dornbierer | 10:15 - 11:00 Yoga Priscilla | |
| 12:15 - 13:05 BBP Claudia | 18:00 - 18:45 Yoga Sally Egger | 12:15 - 13:05 Sypoba Basic Melanie Rösch | 19:00 - 20:00 FT-CLUB Burn Adrian Käser | 18:00 - 19:00 FT-CLUB Strength Melanie Rösch | 11:00 - 12:00 FT-CLUB Mobility Verschieden | |
| 17:00 - 18:00 FT-CLUB Burn Adrian Käser | 18:00 - 19:00 FT-CLUB Strength Kathrin Gerber | 18:00 - 18:50 Body-Barres Adrian Käser | 19:45 - 20:35 Zumba France Küng | | | |
| 18:00 - 18:50 Body-Barres Melanie Rösch | 19:00 - 19:50 TRX Suspension Trai... Adrian Käser | 18:00 - 19:00 FT-CLUB Burn Kathrin Gerber | | | | |
| 18:00 - 18:50 Indoor Cycling Steffi Soder | 19:00 - 20:00 FT-CLUB Burn Kathrin Gerber | 18:00 - 18:50 Indoor Cycling Janis Käser | | | | |
| 18:00 - 19:00 FT-CLUB Strength Adrian Käser | 20:00 - 20:50 TRX Suspension Trai... Adrian Käser | 19:00 - 20:00 FT-CLUB Strength Kathrin Gerber | | | | |
| 19:00 - 19:50 Body-Barres Melanie Rösch | | 19:00 - 19:50 Body-Barres Adrian Käser | | | | |
| 19:00 - 20:00 FT-CLUB Burn Steffi Soder | | | | | | |