

KURSPLAN

Aktuell

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 - 10:00 Pilates Bettina	09:00 - 10:00 Spinning Moni	08:30 - 09:30 Toning Anna	08:30 - 09:30 Body Pump Jeannine	08:30-09:30 Pilates Sofia	09:45- 10:45 Body Pump Team	
	10:10 - 11:10 Yoga Charlotte	09:30 - 10:30 Zumba Kary	10:00 - 11:00 Yoga Charlotte	10:00 - 11:00 Spinning Moni	11:00 - 12:00 Tai Chi Marco ✨	09:45 - 10:45 Meditation Marco
	16:30 - 17:30 Wu-Shu Marco ✨		16:30 - 17:25 Wu-Shu Marco ✨		13:00 - 14:00 Krav Maga Marco ✨	Ersten & 3er Sonntag im Monat ↓
18:00 - 19:10 Thaiboxen Marco ✨	17:30 - 18:25 Wu-Shu Marco ✨		17:30 - 18:25 Wu-Shu Marco ✨			11:00 - 12:00 Zumba Kary
	18:15-19:15 Body Pump Rosi		18:30 - 19:25 Body Toning Mirjam			
19:30 - 20:30 Zumba Kary		19:30 - 20:30 Yoga Sabrina	19:30 - 20:30 Pilates Mirjam			

✨ = Verfügbar als zusätzliches Upgrade.



CHILI FITNESS

www.chilifitness.ch

Tel: +41 55 240 38 34