

# KURSPLAN

Ab 1. Oktober 2025

| Montag                                | Dienstag                           | Mittwoch                                    | Donnerstag                             | Freitag                           | Samstag                               | Sonntag                                  |
|---------------------------------------|------------------------------------|---------------------------------------------|----------------------------------------|-----------------------------------|---------------------------------------|------------------------------------------|
| 09:00 - 10:00<br>Pilates<br>Bettina   | 09:00 - 10:00<br>Spinning<br>Moni  | 08:30 - 09:30<br>Toning<br>Anna             | 08:30 - 09:30<br>Body Pump<br>Jeannine | 08:30-09:30<br>Pilates<br>Sofia   | 09:45- 10:45<br>Body Pump<br>Team     | 09:00 - 10:00<br>Meditation<br>Marco     |
|                                       | 10:10 - 11:10<br>Yoga<br>Charlotte | 09:30 - 10:30<br>Zumba<br>Kary              | 10:00 - 11:00<br>Yoga<br>Charlotte     | 10:00 - 11:00<br>Spinning<br>Moni | 11:00 - 12:00<br>Tai Chi<br>Marco ✨   | 10:00 - 11:00<br>Spinning<br>Team        |
|                                       | 16:30 - 17:30<br>Wu-Shu<br>Marco ✨ | 10:40 - 11:10<br>Power 30<br>Eleni          | 16:30 - 17:25<br>Wu-Shu<br>Marco ✨     |                                   | 13:00 - 14:00<br>Krav Maga<br>Marco ✨ | Ersten & 3er<br>Sonntag<br>im Monat<br>↓ |
| 18:00 - 19:10<br>Thaiboxen<br>Marco ✨ | 17:30 - 18:25<br>Wu-Shu<br>Marco ✨ | 17:15 - 17:45<br>Power 30<br>Barbara & Luca | 17:30 - 18:25<br>Wu-Shu<br>Marco ✨     |                                   |                                       | 11:15 - 12:15<br>Zumba<br>Kary           |
| 18:30 - 19:30<br>Spinning<br>Osi      | 18:20-19:20<br>Body Pump<br>Rosi   | 18:00- 19:00<br>Spinning<br>Osi             | 18:30 - 19:25<br>Body Toning<br>Mirjam |                                   |                                       |                                          |
| 19:45 - 20:45<br>Zumba<br>Kary        |                                    | 19:30 - 20:30<br>Yoga<br>Sabrina            | 19:30 - 20:30<br>Pilates<br>Mirjam     |                                   |                                       |                                          |

✨ = Verfügbar als zusätzliches Upgrade.

  
CHILI FITNESS

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