

# KURSPROGRAMM AB 10. AUGUST 2026

| ZEIT<br>RAUM | MONTAG                               |                           |    |                                      | DIENSTAG                         |   |    |                                  | MITTWOCH                                 |                            |    |                             | DONNERSTAG                                |                                        |    |                                    | FREITAG                                |   |    |   | SAMSTAG                                |   |     |                                                               | SONNTAG                                                   |   |    |                                                                    |
|--------------|--------------------------------------|---------------------------|----|--------------------------------------|----------------------------------|---|----|----------------------------------|------------------------------------------|----------------------------|----|-----------------------------|-------------------------------------------|----------------------------------------|----|------------------------------------|----------------------------------------|---|----|---|----------------------------------------|---|-----|---------------------------------------------------------------|-----------------------------------------------------------|---|----|--------------------------------------------------------------------|
|              | A                                    | B                         | DS | 🌐                                    | A                                | B | DS | 🌐                                | A                                        | B                          | DS | 🌐                           | A                                         | B                                      | DS | 🌐                                  | A                                      | B | DS | 🌐 | A                                      | B | OUT | 🌐                                                             | A                                                         | B | DS | 🌐                                                                  |
| 06.00        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    | 06.15<br>Morgen-<br>Stretching<br>Babs |   |    |   | 06.15<br>Morgen-<br>Stretching<br>Babs |   |     |                                                               |                                                           |   |    |                                                                    |
| 06.30        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 07.00        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 07.30        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 08.00        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             | 07.30<br>Yoga<br>Ursina                   |                                        |    |                                    | 07.30<br>Yoga<br>Ursina                |   |    |   |                                        |   |     | 08.00<br>BODEGA<br>moves /<br>Core &<br>Brigitte /<br>Christa |                                                           |   |    | 08.00<br>BODEGA<br>moves<br>Team                                   |
| 08.30        | 08.15<br>VINYASA<br>YOGA<br>Brigitte |                           |    | 08.15<br>VINYASA<br>YOGA<br>Brigitte |                                  |   |    |                                  | 08.30<br>Pilates<br>Martina              |                            |    | 08.30<br>Pilates<br>Martina |                                           | 08.45<br>Achtsam<br>i.Moment<br>Ursina |    | 08.45<br>Achtsam<br>i.M.<br>Ursina | 08.30<br>Pilates<br>Brigitte           |   |    |   | 08.30<br>Pilates<br>Brigitte           |   |     |                                                               |                                                           |   |    | 09.00<br>YogaBasic<br>Brigitte<br>Zofia<br>2. & 4. So.<br>im Monat |
| 09.00        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             | 09.00<br>BODY<br>PUMP<br>Barbara          |                                        |    |                                    |                                        |   |    |   |                                        |   |     | 09.15<br>Saturday<br>Special<br>(s. Aus-<br>hang)             |                                                           |   |    |                                                                    |
| 09.30        | 09.45<br>BODY<br>PUMP<br>Janine      | 09.45<br>five Gym<br>Grit |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 10.00        |                                      |                           |    |                                      | 10.00<br>Rückenfit<br>Barbara    |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               | 10.30<br>BODY-<br>PUMP<br>Babs<br>2. & 4. So.<br>im Monat |   |    |                                                                    |
| 10.30        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 11.00        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 11.30        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 12.00        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 12.30        |                                      |                           |    |                                      | 13.30<br>Parkinson<br>Gruppe     |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 17.00        |                                      |                           |    |                                      | 14.00<br>Parkinson<br>Gruppe     |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 17.30        |                                      |                           |    |                                      |                                  |   |    |                                  | 17.30<br>Bauch<br>Beine<br>Po<br>Yannick |                            |    |                             | 17.30<br>Rücken-<br>fit<br>Liriana        |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 18.00        | 17.45<br>BODY<br>COMBAT<br>Janine    |                           |    |                                      | 18.00<br>BODEGA<br>moves<br>Babs |   |    | 18.00<br>BODEGA<br>moves<br>Babs |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 18.30        |                                      |                           |    |                                      |                                  |   |    |                                  | 18.30<br>BODY<br>COMBAT<br>Janine        | 19.00<br>Cycling<br>Pascal |    |                             | 18.30<br>Functional<br>Circuit<br>Liriana |                                        |    |                                    | 18.30<br>BODY<br>PUMP<br>Bettina       |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 19.00        | 19.00<br>BODY<br>PUMP<br>Barbara     | 19.30<br>ZUMBA<br>Maria   |    |                                      | 19.15<br>BODY<br>PUMP<br>Babs    |   |    |                                  | 19.35<br>BODY<br>PUMP<br>Janine          |                            |    |                             | 19.40<br>Yoga<br>Brigitte<br>Zofia        |                                        |    | 19.40<br>Yoga<br>Babs              |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 19.30        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 20.00        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |
| 20.30        |                                      |                           |    |                                      |                                  |   |    |                                  |                                          |                            |    |                             |                                           |                                        |    |                                    |                                        |   |    |   |                                        |   |     |                                                               |                                                           |   |    |                                                                    |

Legende:   = Speziallabo   = Kinderhort   = Zoom-Kurse A = Raum A B = Raum B OUT = Draussen oder in der Tiefgarage 🌐 = Onlinekurs mit Zoom   = Neue Kurse

Kursprogramm unter Vorbehalt, Programm wird nach Bedarf verändert. Aktuelle Version gemäss MyWellness App. Kursbuchung verbindlich über MyWellness.