



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	Back Training			Back Training	Bon Weekend Schönes Wochenende	
Pilates 9:45-10:30	Stretching & Mobility 9:45-10:30	Functional Training 9:45-10:30	Grp. Personal Train. 9:45-10:45	Stretching & Mobility 9:45-10:30		
Spinning virtual (Esp.) 10:45-11:30	Spinning virtual (Esp.) 10:45-11:30	Spinning virtual (Esp.) 10:45-11:30	Spinning virtual (Esp.) 10:45-11:30	Spinning virtual (Esp.) 10:45-11:30		
Grp. Personal Train. 11:00-12:00	Grp. Personal Train. 11:00-12:00	Grp. Personal Train. 11:00-12:00	Grp. Personal Train. 11:00-12:00	Grp. Personal Train. 11:00-12:00		
Spinning virtual (Esp.) 12:15-13:00	Spinning virtual (Esp.) 12:15-13:00	Spinning virtual (Esp.) 12:15-13:00	Spinning virtual (Esp.) 12:15-13:00	Spinning virtual (Esp.) 12:15-13:00		
Grp. Personal Train. 12:30-13:30	Grp. Personal Train. 12:30-13:30	Grp. Personal Train. 12:30-13:30	Grp. Personal Train. 12:30-13:30	Grp. Personal Train. 12:30-13:30		
Grp. Personal Train. 16:00-17:00	Grp. Personal Train. 16:00-17:00	Grp. Personal Train. 16:00-17:00	Grp. Personal Train. 16:00-17:00	Grp. Personal Train. 16:00-17:00		
Spinning virtual (Esp.) 17:15-18:00	Grp. Personal Train. 17:15-18:15	Pilates 17:45-18:30	Stretching & Mobility 17:30-18:00	Grp. Personal Train. 17:30-18:30		
Grp. Personal Train. 17:30-18:30	Spinning virtual (Esp.) 18:30-19:15	Spinning virtual (Esp.) 18:45-19:30	Functional Training 18:15-18:45	Spinning virtual (Esp.) 18:45-19:30		
INS-Pump 19:00-19:45	Grp. Personal Train. 19:00-20:00	Grp. Personal Train. 19:00-20:00	Grp. Personal Train. 19:00-20:00	Grp. Personal Train. 19:00-20:00		

Heure d'ouverture: Lundi - Vendredi: 9:30-13:30 h; 16:00-20:00h / Öffnungszeiten: Montag bis Freitag: 9:30-13:30 h; 16:00-20:00 h