

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	<b>Soft Yoga</b> 8.30 - 9.30 Sigrun Ramos 74	<b>Beckenboden Intensiv</b> 8.50 - 9.50 Hanni Zahnd 58	<b>Hatha Yoga sanft</b> 8.45 - 9.45 Magda Sigg 64			
<b>Hatha Yoga</b> 9.45 - 10.45 Annina Hoessly 50		<b>Beckenboden &amp; Rücken</b> 10.00 - 11.00 Hanni Zahnd 59		<b>Hatha Yoga sanft</b> 10.00 - 11.00 Magda Sigg 66		
<b>Hatha Yoga</b> 10.50 - 11.50 Annina Hoessly 51						
<b>Pilates</b> 12.10 - 13.10 Theresa Blask 52		<b>Beckenboden &amp; Rücken</b> 13.30 - 14.30 Hanni Zahnd 73		<b>Pilates</b> 12.00 - 12.45 Theresa Blask 72		
<b>Pilates</b> 17.30 - 18.20 Isabel Schneider 53	<b>Pilates</b> 18.00 - 18.50 Olivia Bezzola 55	<b>Tai Chi</b> 18.00 - 19.00 Massimo DeCicco 71	<b>Fight Power</b> 18.00 - 18.50 Simone Ruprecht 68	<b>Body Fit</b> 18.00 - 18.50 Nadine Ruch 67		
<b>Orient. Tanz III</b> 18.30 - 19.30 Lourdes Rohner 60	<b>Pilates</b> 19.00 - 19.50 Nadja Wilks 56	<b>Tai Chi</b> 19.00 - 20.00 Massimo DeCicco 61	<b>Power Yoga</b> 19.00 - 20.00 Britta Serhani 62			
<b>Fight Power</b> 19.40 - 20.30 Simone Ruprecht 70	<b>Pilates</b> 20.00 - 20.50 Manuela Bachofner-Torti 57	<b>Hatha Yoga</b> 20.10 - 21.10 Heidi Walser 65	<b>Power Yoga</b> 20.00 - 21.00 Britta Serhani 63			

