

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<p>09:00-09:50 Studio 1 GYM Bauch Beine Po</p> <p>10:00-10:50 Studio 1 GYMnastik 50+</p> <p>12:00-12:55 Studio 3 Hatha Yoga</p> <p>12:10-13:00 Studio 1 LES MILLS BODYPUMP</p>	<p>09:00-10:00 Studio 1 LES MILLS BODYPUMP</p> <p>10:10-11:05 Studio 1 GYM Pilates</p> <p>12:00-12:45 Studio 3 GYM Pilates Reformer</p> <p>12:00-12:55 Studio 2 INDOR CYCLING</p> <p>12:15-12:45 Fläche GYM HIIT</p>	<p>09:00-09:50 Studio 1 Booty Workout</p> <p>10:00-10:50 Studio 1 GYM Stretching</p> <p>12:10-13:00 Studio 1 LES MILLS BODYPUMP</p> <p>12:15-13:00 Studio 3 TRX Functional</p>	<p>09:00-10:00 Studio 1 LES MILLS BODYPUMP</p> <p>09:00-09:45 Studio 3 GYM Pilates Reformer</p> <p>10:10-11:00 Studio 1 LES MILLS BODYBALANCE</p> <p>11:10-12:00 Studio 1 GYMnastik 50+</p> <p>12:00-12:45 Studio 3 GYM Pilates Reformer</p> <p>12:10-12:55 Studio 2 LES MILLS RPM</p> <p>12:15-12:45 Fläche GYM HIIT</p>	<p>09:00-09:55 Studio 1 GYM Bauch Beine Po</p> <p>10:10-11:05 Studio 1 GYM Pilates</p> <p>12:10-13:00 Studio 1 LES MILLS BODYPUMP</p>	<p>10:00-10:45 Studio 3 GYM Pilates Reformer</p> <p>11:00-11:45 Studio 3 GYM Pilates Reformer</p> <p>11:15-12:30 Studio 1 Yoga</p>	

**More Weekend Fun!**  
 Unsere wöchentlich wechselnden  
 Kursspecials findest du online  
 unter [gyym.ch/kurse](https://gyym.ch/kurse)