Lorem ipsum

VORMITTAG KURSPLAN

GYYM FITNESS

Montag

08:00-08:50 Studio 3
GYYM Pilates Reformer

09:00-09:50 Studio 3
GYYM Pilates Reformer

09:00-09:50 Studio 1
GYYM Bauch Beine Po

10:00-10:50 Studio 1
GYYMnastik 60+

12:00-12:55 Studio 3
GYYM Schwangerschaftsgymnastik

12:10-13:00 Studio 1
LesMills BODYPUMP

Dienstag

07:00-07:50 Studio 2
Power Ride

08:00-08:50 Studio 3
GYYM Pilates Reformer

09:00-09:50 Studio 3
GYYM Pilates Reformer

09:00-10:00 Studio 1
LesMills BODYPUMP

10:10-11:05 Studio 1
GYYM Pilates

10:30-11:25 Studio 3
GYYM Rückbildungsgymnastik

12:00-12:55 Studio 2
INDOOR CYCLING

12:00-12:50 Studio 3
GYYM Pilates Reformer

12:15-12:45 Fläche
GYYM HIIT

Mittwoch

07:00-07:50 Studio 1
LesMills BODYSTEP

09:00-10:00 Studio 1
Booty Workout

10:10-11:00 Studio 1
GYYM Stretching

12:10-13:00 Studio 1
LesMills BODYPUMP

12:15-13:00 Studio 3
TRX Suspension Training **Functional**

Donnerstag

09:10-10:00 Studio 1
LesMills Shapes

09:00-09:50 Studio 3
GYYM Pilates Reformer

10:10-11:00 Studio 1
LesMills BODYBALANCE

11:10-12:00 Studio 1
GYYMnastik 60+

12:00-12:50 Studio 3
GYYM Pilates Reformer

12:10-13:00 Studio 2
LesMills RPM

12:15-12:45 Fläche
GYYM HIIT

Freitag

08:15-08:50 Studio 1
GYYM Burpee Challenge

09:00-10:00 Studio 1
LesMills BODYPUMP

09:00-09:55 Studio 2
ZUMBA

10:10-11:00 Studio 2
GYYMnastik 60+

10:10-11:05 Studio 1
GYYM Pilates

12:10-13:00 Studio 1
LesMills BODYPUMP

Samstag

09:00-09:55 Studio 3
GYYM Rückbildungsgymnastik

10:00-10:50 Studio 3
GYYM Pilates Reformer

11:00-11:50 Studio 3
GYYM Pilates Reformer

11:15-12:30 Studio 1
Yoga

Sonntag

More Weekend Fun!

Unsere wöchentlich wechselnden Kursspecials findest du online **unter gyym.ch/kurse**

Stand: 29.09.2025

Lorem ipsum

ABEND KURSPLAN

GYYM FITNESS

Montag

- **17:00**-17:50 Studio 1 — GYYM Bauch Beine Po
- **17:00**-17:50 Studio 2 — ZUMBA
- **18:00**-18:50 Studio 1 — LesMills BODYPUMP
- **18:00**-18:50 Studio 2 — JUMPING WORLD
- **18:00**-18:50 Studio 3 — TRX Suspension Training HIIT
- **19:00**-19:50 Studio 1 — LesMills Shapes
- **19:00**-19:35 Studio 2 — LesMills sprint
- **19:00**-19:50 Studio 3 — Power Yoga
- **19:40**-20:30 Studio 2 — LesMills RPM
- **20:00**-21:00 Studio 1 — LesMills BODYPUMP
- **20:00**-21:00 Studio 3 — LesMills BODYBALANCE

Dienstag

- **17:30**-18:30 Studio 1 — LesMills BODYSTEP
- **17:30**-18:25 Studio 2 — INDOR CYCLING
- **17:30**-18:20 Studio 3 — GYYM Pilates Reformer
- **17:40**-18:40 Badenstrasse 61 — Outdoor Bootcamp
- **18:35**-19:10 Studio 2 — LesMills GRIT STRENGTH
- **18:30**-19:25 Studio 3 — GYYM Pilates
- **18:40**-19:40 Studio 1 — LesMills BODYCOMBAT
- **19:35**-20:30 Studio 3 — Power Yoga
- **19:50**-20:40 Studio 1 — LesMills BODYPUMP

Mittwoch

- **16:30**-17:25 Studio 3 — GYYM Schwangerschaftsgymnastik
- **17:30**-18:30 Studio 1 — LesMills BODYATTACK
- **17:30**-18:30 Studio 2 — LesMills RPM
- **17:40**-18:30 Studio 3 — LesMills PILATES
- **18:40**-19:40 Studio 1 — LesMills BODYPUMP
- **18:40**-19:30 Studio 2 — JUMPING WORLD
- **18:40**-19:40 Studio 3 — LesMills BODYBALANCE
- **19:40**-20:30 Studio 2 — ZUMBA
- **19:50**-20:50 Studio 3 — Vinyasa Yoga
- **19:50**-20:40 Studio 1 — LesMills Shapes

Donnerstag

- **17:30**-18:30 Studio 1 — LesMills BODYCOMBAT
- **17:30**-18:15 Studio 3 — GYYM Pilates
- **17:40**-18:30 Studio 2 — LesMills Shapes
- **18:30**-19:20 Studio 3 — GYYM Pilates Reformer
- **18:40**-19:30 Studio 1 — GYYM Bauch Beine Po
- **18:40**-19:15 Studio 2 — LesMills GRIT ATHLETIC
- **19:20**-20:20 Studio 2 — LesMills BODYJAM
- **19:30**-20:20 Studio 3 — GYYM Pilates Reformer
- **19:40**-20:40 Studio 1 — LesMills BODYPUMP

Freitag

- **17:00**-18:00 Studio 1 — LesMills BODYPUMP
- **17:30**-18:25 Studio 2 — INDOR CYCLING
- **18:00**-19:30 Studio 3 — Inside Flow Yoga
- **18:10**-19:10 Studio 1 — LesMills BODYSTEP

Samstag / Sonntag

Wöchentliche Weekend Specials!

More Weekend Fun findest du online unter gyym.ch/kurse.

Oder @gyym.ch auf Instagram folgen und keine News mehr verpassen!

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