Lorem Ipsum

VORMITTAG KURSPLAN

GYYM FITNESS

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00-08:50 Studio 3 **Pilates Reformer**	**09:00**-09:50 Studio 3 **Pilates Reformer**	**07:00**-07:50 Studio 1 LesMills BODYSTEP	**09:10**-10:00 Studio 1 LesMills Shapes	**07:00**-08:00 Studio 1 LesMills BODYATTACK	**09:00**-10:00 Studio 1 **Yoga**	
09:00-09:50 Studio 3 **Pilates Reformer**	**09:00**-10:00 Studio 1 LesMills BODYPUMP	**09:00**-10:00 Studio 1 **Booty Workout**	**09:00**-09:50 Studio 3 **Pilates Reformer**	**08:15**-08:50 Studio 1 **Burpee Challenge**	**09:00**-09:55 Studio 3 **Rückbildungsgymnastik**	
09:00-09:50 Studio 1 **Bauch Beine Po**	**10:10**-11:05 Studio 1 **Pilates**	**10:10**-11:05 Studio 1 **Stretching**	**10:10**-11:00 Studio 1 LesMills BODYBALANCE	**09:00**-10:00 Studio 1 LesMills BODYPUMP	**10:00**-10:50 Studio 3 **Pilates Reformer**	
10:00-10:50 Studio 1 **GYYMnastik 60+**	**12:00**-12:55 Studio 2 INDOOR CYCLING	**12:10**-13:00 Studio 1 LesMills BODYPUMP	**11:10**-12:00 Studio 1 **GYYMnastik 60+**	**09:00**-09:55 Studio 2 ZUMBA	**11:00**-11:50 Studio 3 **Pilates Reformer**	
12:00-12:55 Studio 3 **Schwangerschaftsgymnastik**	**12:00**-12:50 Studio 3 **Pilates Reformer**		**12:00**-12:50 Studio 3 **Pilates Reformer**	**10:10**-11:00 Studio 2 **GYYMnastik 60+**		
12:10-13:00 Studio 1 LesMills BODYPUMP	**12:10**-13:00 Studio 1 LesMills Shapes		**12:10**-13:00 Studio 2 LesMills RPM	**10:10**-11:05 Studio 1 **Pilates**		
12:10-13:00 Studio 2 LesMills BODYATTACK	**12:15**-12:45 Fläche **GYYM HIIT**		**12:15**-12:45 Fläche **GYYM HIIT**	**12:10**-13:00 Studio 1 LesMills BODYPUMP		

More Weekend Fun!

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

Stand: 02.11.26.

Lorem Ipsum

ABEND KURSPLAN

GYYM FITNESS

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
17:00-17:50 Studio 1 Bauch Beine Po	**17:30**-18:30 Studio 1 LesMills BODYSTEP	**17:30**-18:30 Studio 1 LesMills BODYATTACK	**17:30**-18:30 Studio 1 LesMills BODYCOMBAT	**17:00**-18:00 Studio 1 LesMills BODYPUMP	**Wöchentliche Weekend Specials!** More Weekend Fun findest du online unter gyym.ch/kurse. Oder @gyym.ch auf Instagram folgen und keine News mehr verpassen!	
17:00-17:50 Studio 2 ZUMBA	**17:30**-18:25 Studio 2 INDOOR CYCLING	**17:30**-18:30 Studio 2 LesMills RPM	**17:30**-18:15 Studio 3 Pilates	**17:30**-18:25 Studio 2 INDOOR CYCLING		
17:00-17:50 Studio 3 LesMills PILATES	**17:30**-18:20 Studio 3 Pilates Reformer	**17:40**-18:30 Studio 3 LesMills PILATES	**17:40**-18:30 Studio 2 LesMills Shapes	**18:00**-19:30 Studio 3 Inside Flow Yoga		
18:00-18:50 Studio 1 LesMills BODYPUMP	**17:40**-18:40 Badenstrasse 61 Outdoor Bootcamp	**18:40**-19:40 Studio 1 LesMills BODYPUMP	**18:30**-19:20 Studio 3 Pilates Reformer	**18:10**-19:10 Studio 1 LesMills BODYSTEP		
18:00-18:50 Studio 2 JUMPING WORLD	**18:30**-19:25 Studio 3 Pilates	**18:40**-19:30 Studio 2 JUMPING WORLD	**18:40**-19:30 Studio 1 LesMills BODYATTACK			
18:00-18:50 Studio 3 TRX Suspension Training HIIT	**18:35**-19:10 Studio 2 LesMills GRIT STRENGTH	**18:40**-19:40 Studio 3 LesMills BODYBALANCE	**18:40**-19:15 Studio 2 LesMills GRIT ATHLETIC			
19:00-19:50 Studio 1 LesMills Shapes	**18:40**-19:40 Studio 1 LesMills BODYCOMBAT	**19:40**-20:30 Studio 2 ZUMBA	**19:25**-20:25 Studio 2 Bauch Beine Po			
19:00-19:35 Studio 2 LesMills sprint	**19:35**-20:30 Studio 3 Power Yoga	**19:50**-20:50 Studio 3 Vinyasa Yoga	**19:30**-20:20 Studio 3 Pilates Reformer			
19:00-19:50 Studio 3 Power Yoga	**19:50**-20:50 Studio 1 LesMills BODYPUMP HEAVY		**19:40**-20:40 Studio 1 LesMills BODYPUMP			
19:40-20:30 Studio 2 LesMills RPM						
20:00-21:00 Studio 1 LesMills BODYPUMP						
20:00-21:00 Studio 3 LesMills BODYBALANCE						

Stand: 02.11.26.