

# **GROUPFITNESS**

## WEEKLY SCHEDULE

Montag	18:30 - 19:25 CARDIO DANCE	19:30 - 20:25 TAE BO®
Dienstag	18:00 - 18.55 STEP AEROBIC	19:00 - 19.55 PILATES
Mittwoch	18:00-18:55 BODYTONING	19:30 - 20:25 TÔSÔX®
Donnerstag		19:30 - 20:25 YOGA
Freitag		19:30 - 20:25 YOGA FLOW
Samstag	10:00 - 11:00 TAE BO®	
Sonntag		

**BETTLACH,  
SWITZERLAND**

