

INDIGO

FITNESS CLUB

KURSPLAN / GROUP FITNESS SCHEDULE INDIGO BASEL

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
07.00 – 08.00	07.00 – 07.55 VINYASA YOGA B.YOGA	07.00 – 07.55 INDOOR CYCLING SYLVIA		07.00 – 07.55 INDOOR CYCLING DAVID			
09.00						09.45 – 10.45 BODYPUMP ANNA	09.00 – 10.00 INDOOR CYCLING THOMAS
11.00						11.00 – 12.00 BODYPUMP ANNA	10.15 – 11.15 INDOOR CYCLING THOMAS
12.00 – 13.00	12.15 – 13.05 INDOOR CYCLING SYLVIA	12.05 – 12.55 PILATES ROTATING	11.45 – 12.35 BODYPUMP ANNA	11.45 – 12.15 GRIT CARDIO ANNA	12.15 – 13.05 PILATES BEGINNER ANOUK	12.15 – 13.15 PILATES ROTATING	13.00 – 14.00 YOGA B.YOGA
13.00 – 14.00	13.15 – 14.05 BODYPUMP SIMONE	13.05 – 13.55 PILATES ROTATING	12.45 – 13.35 BODYPUMP ANNA	12.25 – 13.15 BOOTCAMP CINDY	13.15 – 14.05 PILATES ADVANCED ANOUK		13.00 – 14.00 YOGA B.YOGA
17.15 – 18.10	17.15 – 18.05 PILATES ROTATING	17.15 – 18.05 YOGA B.YOGA	17.15 – 18.05 YOGA B.YOGA	17.15 – 18.05 YOGA B.YOGA	17.30 – 18.00 GRIT ATHLETIC JAN		
18.15 – 19.10	18.15 – 19.05 GRIT STRENGTH ANDREA	18.15 – 19.05 BODYTONING LEONIE	18.15 – 19.05 BOOTCAMP SIKHU	18.15 – 19.05 BODYPUMP ANNA	18.15 – 19.05 BOOTCAMP CINDY		
19.15 – 20.10	19.15 – 20.05 BODYTONING LEONIE	19.15 – 20.05 BODYPUMP URS	19.30 – 20.20 PILATES KELLY	19.15 – 20.05 ATHLETIC FLOW ROTATING	19.15 – 20:05 INDOOR CYCLING PETER-PAUL		