

# INDIGO

HEALTH SERVICES  
AT CREDIT SUISSE

**GROUP FITNESS KURSE / GROUP FITNESS CLASSES**  
STANDORT / LOCATION: CREDIT SUISSE UETLIHOF / GROUP FITNESS RAUM 1

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
07.00					
11.00	BODYPUMP NATALIE 11.25-12.25		YOGILATES KARIN 11.25-12.20	CORE DOMINIQUE 11.25-11.55	
12.00	PILATES&MOBILITY ILINA 12.30-13.25		BODYPUMP MARIE-CHARLOTTE 12.30-13.30		
OUTDOOR		BOOT CAMP DOMINIQUE 12.00-13.00			
13.00		CORE NATALIE 13.00-13.30			
17.00	YOGA FLOW ANNE 17.30-18.45				
18.00					