

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

+++TEILNAHMEBERECHTIGUNG AN KURSEN NUR NACH ERFOLGREICHER BUCHUNG ÜBER "SPORTSNOW"+++
+++ACCESS TO THE CLASSES AFTER SUCCESSFUL BOOKING AT SPORTSNOW ONLY+++

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
07.00			CYCLING MIKE & RENÉ 07.00-08.00		
11.00	BODY ATTACK NATALIE 11.25-12.25	MUSCLE PUMP DOMENICO 11.25-12.25	BODY COMBAT NATALIE 11.25-12.25	5X5 FUNCTIONAL INDIGO 12.00-12.30	BODYPUMP NATALIE 11.25-12.25
12.00	BODY PUMP GIANNIS 12.35-13.35	CXWORX KRISTINA 12.35-13.05	SIX PACK ATTACK ADRIANNA 12.35-13.05	CYCLING CHARLOTTE 12.35-13.35	HOT IRON@ CHRISTIAN 12.35-13.30
OUTDOOR		BOOT CAMP PEPE 12.00-13.00		BOOT CAMP DOMINIQUE 11.45-12.45	
13.00		TRX EXPRESS INDIGO 13.10-13.40	TRX EXPRESS INDIGO 13.10-13.40		
17.00	KICK POWER KATHARINA 17.25-18.20	BODY SHAPE DOMINIQUE 17.25-18.20			
18.00	CYCLING THOMAS H. 18.30-19.30	ATHLETICFLOW MONIQUE/LINDA 18.30-19.30	HOT IRON@ CORINNE 17.45-18.45	BODY COMBAT VANESSA 17.45-18.40	
19.00					

- Erscheinen Sie bereits umgezogen spätestens 5 Minuten vor Kursbeginn
- Zutritt in den Group Fitness Raum nur mit Sportschuhen
- Türöffnung 10 Min. vor Kursbeginn
- Bei Verspätung kein Einlass in den Group Fitness Raum

- Be present in sportswear at least 5 minutes before the class starts.
- Access to the Group Fitness room only with clean sports shoes.
- Opening 10 minutes before the course starts
- No admission to the Group Fitness Room