

NYSC

Luxor Fitness

Group Fitness ab 3. Januar 2022

Reservation zwingend notwendig. Informationen unter
https://www.nysc.ch/de/kurse_luxor_fitness.html

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Morgen	10.00 - 10.50 Pilates Ann		06.30 - 07.30 LES MILLS BODYPUMP Jrene			09.15 - 10.15 LES MILLS BODYATTACK Giuseppe	10.00 - 10.30 LES MILLS CORE Jrene/Jenna
			10.00 - 11.00 Antara Anna			10.20 - 11.20 LES MILLS BODYCOMBAT Charlotte/Michel	10.35 - 11.35 LES MILLS BODYBALANCE Jrene/Jenna
Mittag	11.45 - 12.30 Pilates Ann		11.30 - 12.20 SPINNING Michi/Cristina		11.45 - 12.45 Yoga Power Gabriele	11.25 - 11.55 LES MILLS CORE Ross	
	12.35 - 13.20 LES MILLS CORE Nadina	12.00 - 13.00 Muscle Pump Kathrin	12.25 - 13.10 LES MILLS BODYATTACK Michel	12.00 - 13.00 LES MILLS BODYCOMBAT Sorin	12.50 - 13.35 LES MILLS BODYPUMP Jenna	12.00 - 12.30 LES MILLS GRIT Athletic Ross	
Abend	17.10 - 18.00 SPINNING Martin						16.00 - 17.00 Yoga Gabriele/Anna
	18.10 - 18.55 LES MILLS BODYPUMP Anja	18.30 - 19.00 LES MILLS CORE Benjamin	18.30 - 19.00 LES MILLS CORE Sorin	18.30 - 19.00 LES MILLS CORE Astrid	18.00 - 19.00 LES MILLS BODYATTACK Benjamin		
	19.00 - 20.00 LES MILLS BODYATTACK Mirco	19.05 - 20.05 LES MILLS BODYCOMBAT Astrid	19.05 - 19.35 LES MILLS GRIT STRENGTH Sorin	19.05 - 19.35 LES MILLS GRIT CARDIO Astrid	19:05 - 20:05 LES MILLS BODYBALANCE Jenna		
				19:40 - 20:40 LES MILLS BODYBALANCE Jrene			

Saubere Aerobicshuhe und Frottiertuch mitbringen.
Bitte pünktlich erscheinen. Vielen Dank.

Bring clean aerobic shoes and a towel.
Please be on time. Thanks.