

| Montag | Dienstag | Mittwoch Morgen mit Kinderhort | Donnerstag | Freitag |
|---|---|--|---|---|
| CaféLounge 8.00h-11.30h | CaféLounge 8.00h-11.30h | CaféLounge 8.00h-11.30h | CaféLounge 8.00h-11.30h | CaféLounge 8.00h-18.00h |
| Salsa-Samba Workout Yanieri 9.40h-10.40h | | TRX Véro Meier 9.30h-10.30h | Pilates Franziska Moser 08.30h-9.25h & 9.40h-10.35h | Yoga Nadine Tschabold 06.55h-7.55h 08.00h-9.00h |
| Pysiotherapie Sandra Krebs Eva Wüthrich 8.00h-11.30h | Massage Véro Meier 8.00h-13.00h | Physiotherapie Sandra Krebs 7.30h-11.30h | Pysiotherapie Sandra Krebs 8.00h-11.30h | Massage Véro Meier Osteopathie Barbara Bähler 7.30h-12.00h |
| Pysiotherapie Eva Wüthrich 13.00h-18.00h | Massage Véro Meier Birgit Bertram 13.00h-15.00h | Massage Birgit Bertram 12.00h-16.00h | Pysiotherapie Eva Wüthrich 13.00h-18.00h | Massage Véro Meier Osteopathie Barbara Bähler 14.00h-18.00h |
| Massage Véro Meier 18.00h-22.00h | 30min Workout Larissa Stucki 18.30h-19.00h | Rückbildungsgym. mit Baby Regina Nussbaum 17.55h-19.00h | 30min Workout Larissa Stucki 18.30h-19.00h | |
| Pilates Nadine Marmet 18.45h-19.40h Yoga Nadine Tschabold 19.45-20.45 | 2 Kurse TRX / Fullbodycross Larissa Stucki 19.05h-20.05h & 20.10h-21.10h | Regina Nussbaum Bewegung in der Schwangerschaft 19.05h-20.05h Rückbildungsgymnastik 20.10h-21.10h | 2 Kurse TRX / Fullbodycross Larissa Stucki 19.05h-20.05h & 20.10h-21.10h | |