

Wochenübersicht Group-Fitnessraum

Version: 14.09.2021



| | Montag, 20. September | Dienstag, 21. September | Mittwoch, 22. September | Donnerstag, 23. September | Freitag, 24. September | Samstag, 25. September | Sonntag, 26. September |
|------------------|---|--------------------------------|---|--|------------------------------------|------------------------------|------------------------|
| 06 ⁰⁰ | | | | 06:00-07:00 Personal Training José Scherrer | | | |
| 07 ⁰⁰ | | | | | | | |
| 08 ⁰⁰ | 07:45-17:05 GIBS Grenchen | 07:45-17:05 GIBS Grenchen | | 07:45-16:15 GIBS Grenchen | | | |
| 09 ⁰⁰ | | | 08:35-17:05 GIBS Grenchen | | | | |
| 10 ⁰⁰ | | | | | | | |
| 11 ⁰⁰ | | | | | | | |
| 12 ⁰⁰ | | | | | | 12:05-16:15 GIBS Grenchen | |
| 13 ⁰⁰ | | | | | | | |
| 14 ⁰⁰ | | | | | | | |
| 15 ⁰⁰ | | | | | | | |
| 16 ⁰⁰ | | | | | | | |
| 17 ⁰⁰ | | | | | | | |
| 18 ⁰⁰ | | | | | | | |
| 19 ⁰⁰ | 19:00-21:00 Gruppenfit Jasmine Stäheli | | 18:30-19:30 Gruppenfit Jasmine Stäheli | | | | |
| 20 ⁰⁰ | | 19:30-20:30 Strong by Zumba | 19:31-20:30 Zumba Daniela Sasso | 19:30-20:30 Strong by Zumba | 19:30-20:30 Zumba Daniela Sasso | | |
| 21 ⁰⁰ | | | | | | | |
| 22 ⁰⁰ | | | | | | | |