

# LOS GEHT'S!

## DER MANGO STUNDENPLAN

APRIL 2023

### Montag

|       |                    |        |
|-------|--------------------|--------|
| 09.00 | Les Mills BODYPUMP | Sandy  |
| 18.00 | M.A.X. & CORE      | Sandy  |
| 18.00 | Les Mills BODYPUMP | Rita   |
| 18.15 | TRX                | Regi   |
| 19.00 | Hatha YOGA         | Jelena |
| 19.10 | Jumping Fitness    | Sandy  |
| 19.20 | TRX                | Regi   |

### Dienstag

|       |                    |                   |
|-------|--------------------|-------------------|
| 09.00 | Fit & Gsund        | Silvia            |
| 18.00 | Jumping Fitness    | Sandy             |
| 19.00 | Hatha YOGA         | Rahel             |
| 19.05 | Les Mills BODYPUMP | Janine/ Alexandra |
| 19.15 | Outdoor BOOTCAMP   | Sandy             |

### Mittwoch

|       |                    |                     |
|-------|--------------------|---------------------|
| 08.45 | Jumping Fitness    | Sandy               |
| 18.00 | Body Toning        | Rita                |
| 19.00 | Rücken & Body Fit  | Simi, Silvia, Sandy |
| 19.05 | Body Forming       | Janine              |
| 19.15 | Les Mills BODYPUMP | TEAM                |



### Freitag

|       |                                  |       |
|-------|----------------------------------|-------|
| 08.00 | Early Bird Workout               | Sandy |
|       | M.A.X & Core oder Zirkeltraining |       |
| 09.00 | Jumping Fitness                  | Sandy |
| 18.30 | SUPRISE Lektion *                |       |

### Donnerstag

|       |                    |           |
|-------|--------------------|-----------|
| 09.00 | Les Mills BODYPUMP | Alexandra |
| 18.00 | Aerobic Dance *    | Sandy     |
| 18.30 | M.A.X. & CORE *    | Simi      |
| 19.00 | YOGA & YIN         | Rahel     |

\* jede 2. Woche im Wechsel

### Samstag

09.15 SUPRISE Lektion  
siehe @sportsnow.ch