

| MONTAG | | DIENSTAG | | MITTWOCH | | DONNERSTAG | | FREITAG |
|--------|---|--|---|---|--|--|--|--|
| 6.00h | | | 6.20h-7.20h POWERYOGA Manuela Grüter | | | | | |
| 8.00h | 8.30-9.30h PILATES Esther Koller | | 8.15h-9.15h POWERYOGA Manuela Grüter | 8.30h-9.30h KRAFT AUS DER MITTE Julia Wildi | | | | 8.30h-9.30h PILATES Esther Koller |
| 9.00h | | 9.30-10.30h FELDENKRAIS Romie Peyer | | | | | | |
| 17.00h | | 17.30-18.30h POWERYOGA Manuela Grüter | 17.45-18.45h FELDENKRAIS Romie Peyer | 17.30-18.30h NIA Verena Schmid | | 17.30-18.30h NIA Verena Schmid | | |
| 18.00h | 18.30-19.30h PIBOX Belinda Steiner | | | | 18.15-19.15h POWERYOGA Manuela Grüter | | | |
| 19.00h | 19.30-20.30h PILATES Belinda Steiner | 19.00-20.00h POWERYOGA Manuela Grüter | 19.00-20.00h PILATES Priska Triebold | 19.00-20.00h BODEGA Sandra Duprat | 19.00-20.00h PILATES Esther Koller | 19.30-20.30h POWERYOGA Manuela Grüter | 19.00-20.00h DAYO Sandra Duprat | 19.00-20.00h POWERYOGA Manuela Grüter |
| 20.00h | | | 20.15-21.45h SALSA Yanet Ruckstuhl | 20.15-21.15h TAI CHI Ying-Chieh Yu Meier | 20.15-21.15h BODYART Esther Koller | | 20.15-21.15h YINYOGA Manuela Grüter | |