

# Kursplan INFINITI Fitness

**INFINITI**  
FITNESS

| Montag   | Dienstag                                  | Mittwoch  | Donnerstag                                 | Freitag                                      | Samstag                                  | Sonntag                               |
|--|---|---|--|--|--|---------------------------------------|
| <b>09.00 – 10.00</b><br>Functional<br>Gymnastics<br>Sandra | <b>09.00 – 10.00</b><br>Thera-Fit<br>Sina | <b>09.00 – 10.00</b><br>TRX<br>Joel             | <b>09.00 – 10.00</b><br>Pilates<br>Ping    | <b>08.30 – 09.30</b><br>Power Yoga<br>Zivile | <b>09.30 – 10.15</b><br>Bootcamp<br>Team | <b>09.00 – 10.00</b><br>Yoga<br>Sarah |
| <b>12.00 – 12.45</b><br>Bootcamp<br>Team                   | <b>18.30 – 19.30</b><br>Yoga<br>Sarah     | <b>12.00 – 12.45</b><br>Bootcamp<br>Team        | <b>12.00 – 12.45</b><br>H.I.I.T.<br>Team   | <b>12.00 – 12.45</b><br>Bootcamp<br>Team     |  |                                       |
| <b>18.30 – 19.30</b><br>TRX<br>Joel                        | <b>20.00 – 21.00</b><br>Fit-Boxen<br>Joel | <b>18.30 – 19.00</b><br>Core Training<br>Sandra | <b>19.00 – 20.00</b><br>Cycling<br>Corinne | <b>18.30 – 19.15</b><br>Bootcamp<br>Team     |  |                                       |
| <b>20.00 – 21.00</b><br>BBP Burn!<br>Corinne               |   | <b>19.00 – 20.00</b><br>PUMP<br>Sandra          |  |  |  |                                       |

Alle Kurse mit Online-Anmeldung auf  
[www.infiniti-fitness.ch](http://www.infiniti-fitness.ch)