



movimento

> > > GESUNDHEITSTRAINING

Sommersemester Erwachsene (01.04. – 30.09.19)

Montag

| | | | |
|---------------|---------------------------|--------|----------------|
| 17.15 – 18.05 | Pilates | Andrea | movi-urdorf.ch |
| 18.15 – 19.05 | Step Aerobic (low impact) | Andrea | movi-urdorf.ch |
| 19.15 – 20.05 | Pilates | Andrea | movi-urdorf.ch |
| 20.15 – 21.05 | Pilates Männer | Andrea | movi-urdorf.ch |

Dienstag

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|---------------|--------------------------|---------|----------------|
| 14.00 – 15.30 | Walking-Treff (langsam) | Andrea | movi-urdorf.ch |
| 17.30 – 18.20 | Fit-Gym (Bauch-Beine-Po) | Andrea | movi-urdorf.ch |
| 18.45 – 19.35 | Pilates | Andrea | movi-urdorf.ch |
| 19.45 – 20.45 | ZUMBA | Ornella | movi-urdorf.ch |

Mittwoch

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|---------------|-------------------------------|----------|----------------|
| 08.45 – 09.35 | Rücken-Gym / Osteofit | Andrea | movi-urdorf.ch |
| 09.50 – 10.40 | Rücken-Gym Frauen 70+ | Andrea | movi-urdorf.ch |
| 11.00 – 11.50 | Rücken-Gym Männer 65+ | Andrea | movi-urdorf.ch |
| 12.15 – 13.05 | Mittags-Gym / Pilates | Andrea | movi-urdorf.ch |
| 17.00 – 17.50 | Pilates | Andrea | movi-urdorf.ch |
| 18.00 – 18.50 | Rücken-Gym (Männer) | Andrea | movi-urdorf.ch |
| 19.15 – 20.05 | Fit-Gym | Andrea | movi-urdorf.ch |
| 20.15 – 21.45 | WingTsun (Selbstverteidigung) | Marcello | ewto.ch |

Donnerstag

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|------------|---------------|--|-----------------|----------------|
| | 09.15 – 10.05 | Rücken-Gym | Andrea | movi-urdorf.ch |
| neu | 10.45 – 11.35 | Reservestunde: Rücken-Gym Männer 65+ oder Osteofit *) | Andrea | movi-urdorf.ch |
| | 09.15 – 10.45 | Walking-Treff | Teilnehmerinnen | movi-urdorf.ch |

Freitag

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|--|---------------|-------------------------------|----------|---------|
| | 19.15 – 20.45 | WingTsun (Selbstverteidigung) | Marcello | ewto.ch |
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Samstag

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|--|---------------|-------|---------|----------------|
| | 10.00 – 11.00 | ZUMBA | Ornella | movi-urdorf.ch |
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*) bei genügend Anmeldungen

Andrea: 078 775 95 00

Ornella: 079 301 37 98

Marcello: 076 395 18 19