

Stundenplan Bodyshapefitness Recherswil

**Montag**

- HIIT Joggen (06:00 - 6:30)
- Outdoor BST (09:00 - 10:00)
- Functional (19:00 - 19:45)

**Dienstag**

- Senioren Rückenfit (08:30 - 09:15)
- Bodega (09:15 - 10:00)
- BST (19:00 - 20:00)

**Mittwoch**

- Bootcamp (6:00 - 6:30)
- BST (09:00 - 09:45)
- fitdankbaby® (10:00 - 11:00)
- BST Herren (18:00 - 19:00)
- Bodega (19:15 - 20:00)

**Donnerstag**

- Rückenfit (09:00 - 09:45)
- Pilates (17:30 - 18:20)
- Pilates (20:00 - 20:45)

**Freitag**

- Bootcamp (06:00 - 06:30)
- BST (16:30 - 17:15)

**Samstag**

- Joggen alle Niveaus (07:00 - 08:00)
- BST (08:15 - 09:00)

**Sonntag**

- MIX (9:00 - 10:00)