

S P O R T P R O G R A M .

YOGA & BREATHWORK TALACKER		
Tuesday: Vinyasa - Claudia		12 AM - 1 PM
Wednesday: Breathwork - Stefanie		8:15 AM - 9:00 AM
Wednesday: Yoga Flow - Stefanie		12 AM - 1 PM
Thursday: Yoga Fire - Tim		8 AM - 9 AM
RHYTHM CYCLING HANDELSHOF		
Monday: Rhythm Cycling - Laura		12:15 PM - 1 PM
Wednesday: Rhythm Cycling - Laura		12:15 PM - 1 PM
SOFT BOXING WITH HOUSE MUSIC BEETHOVEN		
Wednesday: Soft Boxing - House Music - Christina		5:30 PM - 6:30 PM
Thursday: Soft Boxing - House Music - Christina		12 AM - 1 PM
OUTDOOR SPORTS		
Tuesday: Ride Out - Patrick		6 PM - 8 PM
Thursday: Bootcamp Rennbahn Sihlhölzli - Pascal		12 AM - 1 PM