

## MONTAG

### VORMITTAGS

07:15 - 08:00  
Virtual Bodybalance  
08:00 - 08:45  
Virtual Bodycombat  
09:00 - 09:30  
Bauch muss weg  
09:30 - 10:30  
Braceless  
10:45 - 11:15  
Virtual Core  
11:15 - 11:45  
Virtual Bodybalance

### MITTAGS

12:00 - 12:45  
Virtual The Trip  
12:45 - 13:15  
Virtual Bodybalance  
13:15 - 13:45  
Virtual Bodyattack  
13:45 - 14:15  
Virtual Bodybalance

### NACHMITTAGS

14:15 - 15:00  
Virtual The Trip  
15:00 - 15:30  
Virtual Bodybalance  
15:30 - 16:00  
Virtual Core  
16:00 - 16:45  
Virtual Bodybalance

### ABENDS

17:30 - 18:30  
Indoor Cycling  
bike that beat  
18:30 - 19:30  
Fitboxen  
19:30 - 20:30  
Bodyboost

## DIENSTAG

### VORMITTAGS

07:15 - 08:00  
Virtual The Trip  
08:00 - 08:15  
Virtual Core  
08:15 - 08:45  
Virtual Bodybalance  
10:15 - 10:45  
Virtual Bodyattack  
10:45 - 11:15  
Virtual Bodybalance  
11:15 - 11:45  
Virtual Core  
11:45 - 12:00  
Virtual Bodybalance

12:00 - 12:30  
Virtual Bodybalance

### MITTAGS

12:15 - 13:00  
Virtual The Trip  
13:00 - 13:30  
Virtual Bodybalance  
13:30 - 14:00  
Virtual Core

### NACHMITTAGS

14:00 - 14:15  
Virtual Bodybalance  
14:15 - 14:45  
Virtual Bodyattack  
14:45 - 15:00  
Virtual Bodybalance  
15:15 - 16:00  
Virtual The Trip  
16:00 - 16:15  
Virtual Bodybalance  
16:15 - 17:00  
Virtual The Trip  
17:00 - 17:15  
Virtual Bodybalance

17:30 - 18:30  
Rücken

18:00 - 19:00  
Virtual Bodybalance

17:30 - 18:30  
Rücken

17:30 - 18:30  
Rücken

### ABENDS

19:00 - 20:00  
Body Pump \*<sup>®</sup>  
19:45 - 20:30  
Virtual Core  
20:30 - 20:45  
Virtual Bodybalance

## MITTWOCH

### VORMITTAGS

07:15 - 07:45  
Virtual Bodybalance  
07:45 - 08:30  
Virtual The Trip  
08:30 - 08:45  
Virtual Bodybalance  
09:00 - 10:00  
Zumba<sup>®</sup>  
10:00 - 11:00  
Hatha Yoga  
11:15 - 12:00  
Virtual Core

### MITTAGS

12:00 - 12:30  
Virtual Bodybalance  
12:30 - 13:00  
Virtual Bodyattack  
13:00 - 13:15  
Virtual Bodybalance  
13:15 - 14:00  
Virtual The Trip

### NACHMITTAGS

14:00 - 14:15  
Virtual Bodybalance  
14:15 - 15:00  
Virtual Bodycombat  
15:00 - 15:45  
Virtual The Trip  
15:45 - 16:15  
Virtual Bodybalance  
16:15 - 17:00  
Virtual The Trip  
17:00 - 17:30  
Virtual Bodybalance

### ABENDS

18:00 - 19:00  
Fitboxen  
19:00 - 20:00  
Indoor Cycling  
20:15 - 21:00  
Virtual Bodybalance

## DONNERSTAG

### VORMITTAGS

07:15 - 07:45  
Virtual Bodybalance  
07:45 - 08:30  
Virtual Surprise  
08:30 - 09:00  
Virtual Bodybalance  
09:00 - 10:00  
Power Core  
10:15 - 11:00  
Virtual The Trip  
11:00 - 11:15  
Virtual Bodybalance

### MITTAGS

11:15 - 11:45  
Virtual Core  
11:45 - 12:15  
Virtual Bodybalance

### MITTAGS

12:15 - 12:45  
Virtual Bodyattack  
12:45 - 13:00  
Virtual Bodybalance  
13:00 - 13:45  
Virtual The Trip  
13:45 - 14:00  
Virtual Bodybalance

### NACHMITTAGS

14:00 - 14:45  
Virtual Bodycombat  
14:45 - 15:00  
Virtual Bodybalance  
15:00 - 15:45  
Virtual The Trip  
15:45 - 16:00  
Virtual Bodybalance  
16:00 - 16:30  
Virtual Core  
16:30 - 17:00  
Virtual Bodybalance

### MITTAGS

17:00 - 17:15  
Virtual Core  
17:15 - 18:00  
Virtual Bodycombat

### ABENDS

18:00 - 18:15  
Virtual Bodybalance  
18:30 - 19:30  
Indoor Cycling  
bike that beat  
19:30 - 20:30  
Body Pump \*<sup>®</sup>  
20:30 - 20:45  
Virtual Bodybalance

## FREITAG

### VORMITTAGS

07:20 - 08:05  
Virtual Surprise  
08:30 - 09:30  
Pilates  
10:30 - 11:30  
Linedance  
10:15 - 11:00  
Virtual Bodybalance  
11:00 - 11:45  
Virtual The Trip  
11:45 - 12:00  
Virtual Bodybalance

### MITTAGS

12:00 - 12:45  
Virtual Bodycombat  
12:45 - 13:00  
Virtual Bodybalance  
13:00 - 13:45  
Virtual Core  
13:45 - 14:00  
Virtual Bodybalance

### NACHMITTAGS

14:00 - 14:30  
Virtual Bodyattack  
14:45 - 15:30  
Virtual The Trip  
15:30 - 15:45  
Virtual Bodybalance  
15:45 - 16:15  
Virtual Bodycombat  
16:15 - 16:45  
Virtual Bodybalance  
16:45 - 17:15  
Virtual Bodyattack

17:15 - 17:30  
Virtual Core

17:30 - 18:00  
Virtual Bodybalance

17:30 - 18:00  
Virtual Bodybalance

17:30 - 18:00  
Virtual Bodybalance

### ABENDS

18:00 - 19:00  
Yoga Flow  
19:00 - 19:45  
Virtual Bodycombat  
19:45 - 20:00  
Virtual Bodybalance  
20:00 - 20:45  
Virtual Core

## SAMSTAG

### VORMITTAGS

08:15 - 08:45  
Virtual Bodyattack  
08:45 - 09:45  
Mobility Flexibility  
10:00 - 11:00  
Indoor Cycling  
11:15 - 12:00  
Virtual The Trip  
12:00 - 12:30  
Virtual Bodybalance  
12:30 - 13:00  
Virtual Bodyattack  
13:00 - 13:45  
Virtual Bodybalance  
13:45 - 14:30  
Virtual The Trip

### NACHMITTAGS

14:30 - 14:45  
Virtual Bodybalance  
14:45 - 15:30  
Virtual Bodycombat  
15:30 - 15:45  
Virtual Bodybalance  
15:45 - 16:30  
Virtual The Trip

## SONNTAG

### VORMITTAGS

08:15 - 09:00  
Virtual The Trip  
09:00 - 09:15  
Virtual Bodybalance  
09:15 - 09:45  
Virtual Bodyattack  
09:45 - 10:00  
Virtual Bodybalance  
10:00 - 11:00  
Body Pump \*<sup>®</sup>  
11:15 - 11:45  
Virtual Bodycombat  
11:45 - 12:00  
Virtual Bodybalance

### MITTAGS

12:15 - 12:45  
Virtual Core  
12:45 - 13:00  
Virtual Bodybalance  
13:00 - 13:45  
Virtual The Trip  
13:45 - 14:15  
Virtual Bodybalance

### NACHMITTAGS

14:15 - 14:45  
Virtual Bodyattack  
14:45 - 15:00  
Virtual Bodybalance  
15:00 - 15:45  
Virtual Core  
15:45 - 16:00  
Virtual Bodybalance  
16:00 - 16:45  
Virtual The Trip



= Virtual  
= Live

Bernstrasse 130  
Steffisburg / Thun  
033 438 26 66  
www.input.ch  
f i eFitApp

Kinderparadies mit Betreuung  
Montag - Freitag 08:30 - 11:30

Alle Kurse kannst du ohne  
Terminbuchung einfach besuchen.  
Kursplan ab 4. Januar 2024

\* = Bitte melde dich 15 Minuten vor deiner ersten Stunde beim Instruktor, du erhältst ein Intro für Einsteiger.