

FREIE STRASSE 17, 4001 BASEL

MO	09:30 – 10:30	12:15 – 13:15		17:45 – 18:45	19:00 – 20:00	
	BODYPUMP english Jenny	TAEBO- TECHNIK Georg		TAEBO- INTRO Nadine	BODYPUMP Pascal	
DI		12:15 – 13:15		18:00 – 19:00	19:05 – 20:05	20:10 – 21:10
		BODYPUMP Sybille		TAEBO- BBP Georg	TAEBO- BASIC Jasmin	TAEBO- EINFÜHRUNG Jasmin
MI	09:30 – 10:30	12:15 13:15	14:00 – 15:00	18:00 – 19:00	19:05 – 20:05	20:10 – 21:10
	TAEBO Sybille	TAEBO- BASIC Zeljko	TAEBO- KID'S Georg	BODYPUMP Kerstin	TAEBO- STEP Georg	BODYBALANCE english Aino
DO		12:15 – 13:15		17:45 – 18:45	18:50 – 19:50	20:00 – 21:00
		TAEBO- INTRO Georg		BODYPUMP Pascal	TAEBO- WORKOUT Viviane	TRX - TRAINING Viviane
FR	09:30 – 10:30	12:15 – 13:15		17:45 – 18:45	19:00 – 20:00	
	BODYPUMP english Jenny	BODYPUMP Georg		TAEBO- EINFÜHRUNG BAUCH SPEZ. Georg	ZUMBA Theodora	
SA		11:30 – 12:30	13:00 – 14:00	14:00 – 15:00		
		BODYBALANCE Sybille	ZUMBA Johany	TRX - TRAINING Georg		
SO	10:15 – 11:15	11:30 – 13:00	13:15 – 14:15			
	BODYPUMP Sybille	TAEBO- AUSDAUER Georg	ZUMBA Theodora			

INDUSTRIESTRASSE 151, 4147 AESCH

MI				19:30 – 20:30	
				TAEBO- INTRO Alexa	
SA		11:30 – 13:00			
		TAEBO- BOXBAG Zeljko			

KURSPROGRAMM



TAE BO[®]
C E N T E R

B E F I T - B A S E L

Freie Strasse 17, 4001 Basel
Industriestrasse 151, 4147 Aesch

Tel. 061 261 50 15

info@taebocenter.ch

www.taebocenter.ch