

Class descriptions

Body Toning	Full body strength endurance training
Body Conditioning	Full body training with conditioning intervals
Pilates	Coordination and pelvic floor training
Vinyasa Yoga	Flowing yoga style
HOT IRON®	Barbell-assisted strength training
Mobility	Mobility & stretching
movingSPINE	Mobility, strenght for spine and shoulder
SYNRGY 360°	High intensity full body training on the training area
Bauch Beine Po	Core, legs, booty workout. Bodyweight or training aids
4D PRO Sling®	Bungee workout involving jumping/swinging strength training
KORCE®	Core- mobility- & stability exercises, for power and flexibility
BOOSTAR®	different cardio & interval methods are effectively combined. The calorie burner!
FunTone®	Full-Body-Toning with strength & cardiointervals 45 sec under tension
YONGA®	a modern training approach that combines Qi Gong, yoga & Tai Chi to create relaxation, flexibility & balance
AfroFit Dance Workout	is a powerfull Full- Body- Workout with Afrobeat- Music



Classes

starting 05.01.2026

Opening hours 2026

BodyWorx The Fitness Company is open 365 days a year!

Opening hours Fitness

Monday - Thursday	05.00 - 22.30
Friday	05.00 - 21.30
Saturday & Sunday	08.00 - 21.30

Opening hours reception

Monday - Thursday	07:30 - 22:30
Friday	07:30 - 21:30
Saturday & Sunday	08:00 - 21:30

Opening hours Timeless Spa

Monday & Wednesday	10.00 - 21.30
Tuesday & Thursday	16.00 - 21.30
Friday	16.00 - 20.30
Saturday & Sunday	10.00 - 19.30

Turmstrasse 18 (@ 4-Towers), 6312 Steinhausen
 Telefon 041 749 97 77 - www.body-worx.ch - info@body-worx.ch



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	08:00 – 08:45 4D PRO SLING®* Aline						
	09:00 – 10:00 Vinyasa Yoga Aline	09:00 – 10:00 HOT IRON® 2 Aline		08:30 – 09:30 Pilates Elisa	09:00 – 10:00 HOT IRON® Cross Aline	09:00 – 10:00 SYNRGY 360° Fitness Team	
					10:05 – 10:25 hardCORE Aline	10:05 – 10:30 Mobility Fitness Team	
12:00							
	12:15 – 13:00 SYNRGY 360° Kraftzirkel Fitness Team		12:15 – 13:00 SYNRGY 360° Fitness Team		12:15 – 13:10 KORCE® Aline		
18:00							
	18:15 – 19:10 Pilates Elisa	18:15 – 19:05 Bauch Beine Po Bruna	18:00 – 18:55 AfroFit Dance Workout Tamara	18:15 – 19:10 Body Conditioning Bruna			
	18:15 – 19:05 FunTone® Elena	18:15 – 19:15 HOT IRON® 1 Aline	19:00 – 19:55 Body Toning Elena				
	19:15 – 20:10 YONGA® Elena	19:10 – 19:40 movingSPINE Bruna					
	08:00 – 08:45 4D PRO SLING®* Aline						

Room 1 Ground floor

Room 2 1st floor

Training-ground 1st floor

- Course starts at 3 participants

-* List for registration is at the reception