

Lundi , 17.07

09:00 - 09:55 <i>Herzgruppe</i> Andrea	09:15 - 10:10 <i>Pilates</i> Cynthia	10:30 - 11:15 <i>Physio Fit</i> Marie	10:30 - 11:25 <i>Herzgruppe</i> Andrea	12:15 - 13:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Petra	18:00 - 18:55 <i>Yoga</i> Laura	18:00 - 18:55 <i>Functional Workout</i> Fabienne	19:00 - 19:45 <i>Herzgruppe</i> Fabienne
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Mardi , 18.07

08:00 - 08:55 <i>Herzgruppe</i> Andrea	09:00 - 09:55 <i>Herzgruppe</i> Andrea	10:30 - 11:25 <i>Herzgruppe</i> Andrea	12:15 - 13:00 <i>Cycling</i> Roberto	14:00 - 14:55 <i>Herzgruppe</i> Andrea	18:00 - 18:55 <i>Cycling</i> Petra	19:15 - 20:10 <i>Pilates</i> Ines
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Mercredi , 19.07

09:00 - 09:55 <i>Herzgruppe</i> Andrea	09:10 - 10:05 <i>Yoga</i> Laura	10:30 - 11:15 <i>Physio Fit</i> Marie	12:15 - 13:00 <i>Pump</i> Jacqueline	18:00 - 18:55 <i>Functional Workout</i> Raphael
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Jeudi , 20.07

08:00 - 08:55 <i>Herzgruppe</i> Andrea	09:00 - 09:55 <i>Herzgruppe</i> Andrea	10:30 - 11:25 <i>Herzgruppe</i> Andrea	14:00 - 14:55 <i>Herzgruppe</i> Andrea
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Vendredi , 21.07

10:00 - 10:45 <i>Fit Gym</i> Petra	12:15 - 13:00 <i>Pump</i> Nicolle	18:00 - 18:55 <i>Functional Workout</i> Raphael
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Samedi , 22.07

09:30 - 10:25 <i>Zumba</i> Pia	10:00 - 10:55 <i>Full Body Workout</i> Fabienne	10:45 - 11:40 <i>Yoga</i> Pia
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Dimanche , 23.07

09:30 - 10:25 <i>Cycling</i> Kathrin
