

Lundi , 18.11

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:25

Physio Fit
Team

12:15 - 13:00

*BBP (Bauch,
Beine, Po) /
Bodytone*
Emanuele

18:00 - 18:55

Functional Workout
Tamina

18:00 - 18:55

Yoga
Regine

19:00 - 19:55

Herzgruppe
Fabienne

Mardi , 19.11

12:15 - 13:00

Cycling
Roberto

18:00 - 18:55

Cycling
Kathrin

19:15 - 20:10

Pilates
Isabelle

Mercredi , 20.11

09:10 - 10:05

Yoga
Laura

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Raphael

19:00 - 19:55

Functional Workout
Raphael

Jeudi , 21.11

12:15 - 13:00

TRX
Jerom

Vendredi , 22.11

10:00 - 10:45

Fit Gym
Jerom

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
Raphael

Samedi , 23.11

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Functional Workout
Tamina

10:45 - 11:40

Yoga
Martine

Dimanche , 24.11

09:30 - 10:25

Cycling
Petra