

Lundi , 29.04

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Andrea

18:05 - 19:00

Pilates
Astrid

19:15 - 20:10

Zumba
Petra

20:25 - 21:20

Pump
Ursi

Mardi , 30.04

09:10 - 10:05

Pump
Ursi

10:15 - 11:10

Cycling
Antonietta

18:00 - 18:30

P.I.I.T
Claude

19:00 - 19:55

Powerstep
Petra

20:05 - 21:00

Fitboxe
Arlette

Mercredi , 01.05

09:35 - 10:30

Rückenfit
Claudia

Jeudi , 02.05

09:30 - 10:25

Zumba
Marion

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Andrea

20:15 - 21:10

Cycling
Sandra

Vendredi , 03.05

08:30 - 09:25

Over 50
Silvana

09:35 - 10:30

Pilates
Silvana

12:15 - 12:45

P.I.I.T
Claude

17:50 - 18:45

Zumba
Marion

Samedi , 04.05

09:30 - 10:25

Yoga
Nevin

Dimanche , 05.05

10:30 - 11:25

Pump
Kurt