

Lundi , 07.10

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Andrea

18:05 - 19:00

Pilates
Astrid

19:15 - 20:10

Zumba
Uriel

20:25 - 21:20

Pump
Ursi

Mardi , 08.10

09:10 - 10:05

Pump
Ursi

10:15 - 11:10

Cycling
Antonietta

18:00 - 18:30

P.I.I.T
Claude

20:05 - 21:00

Fitboxe
Arlette

Mercredi , 09.10

09:35 - 10:30

Rückenfit
Claudia

19:00 - 19:55

Pump
Kurt

20:10 - 21:05

Yoga
Nevin

Jeudi , 10.10

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Andrea

Vendredi , 11.10

08:30 - 09:25

Over 50
Monika

09:35 - 10:30

Pilates
Monika

12:15 - 12:45

P.I.I.T
Janina

17:50 - 18:45

Zumba
Karina

Samedi , 12.10

09:30 - 10:25

Yoga
Nevin

Dimanche , 13.10

10:30 - 11:25

Pump
Kurt