

Lundi , 28.11

09:00 - 09:55

Yoga
Elissa

10:10 - 11:05

Pump
Graziella

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Mardi , 29.11

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:00 - 18:55

TRX
Graziella

19:00 - 19:55

Step'n Tone
Graziella

Mercredi , 30.11

09:00 - 09:55

Zumba
Sibylle

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

Pump
Cristian

Jeudi , 01.12

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Yoga
Isabel

Vendredi , 02.12

09:15 - 09:45

P.I.I.T
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samedi , 03.12

10:00 - 10:55

Zumba
Silvio

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dimanche , 04.12

10:00 - 10:55

Cycling
Barbara