

Lundi , 30.01

09:00 - 09:55

Yoga
Elissa

10:10 - 11:05

Pump
Graziella

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Mardi , 31.01

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 , 01.02

09:00 - 09:55

Zumba
Sibylle

18:00 - 18:55

Pump
Cristian

Jeudi , 02.02

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Yoga
Isabel

18:30 - 19:25

Power Yoga
Elissa

Vendredi , 03.02

08:55 - 09:25

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samedi , 04.02

10:00 - 10:55

Zumba
Silvio

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dimanche , 05.02

10:00 - 10:55

Cycling
Barbara