

Lundi , 31.07

09:30 - 10:25

Upcon
Melanie

18:00 - 18:55

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

19:00 - 19:55

Pump
Graziella

Mardi , 01.08

Mercredi , 02.08

09:00 - 09:55

Zumba
Lise

10:10 - 11:05

Cycling
Barbara

Jeudi , 03.08

09:00 - 09:55

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

10:10 - 11:05

Yoga
Isabel

18:00 - 18:55

Power Yoga
Neira

19:00 - 19:55

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

Vendredi , 04.08

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samedi , 05.08

10:00 - 10:55

Zumba
Lise

11:10 - 12:05

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

Dimanche , 06.08

10:00 - 10:55

Cycling
Barbara