

Lundi , 16.10

09:00 - 09:55

Yoga
Laura

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Mardi , 17.10

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Ariane

10:10 - 11:05

Rückenfit
Laura

18:00 - 18:55

TRX
Graziella

19:00 - 19:55

Pump
Graziella

Mercredi , 18.10

09:00 - 09:55

Zumba
Deniz

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Tea

Jeudi , 19.10

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Ariane

10:10 - 11:05

Yoga
Laura

18:00 - 18:55

Power Yoga
Neira

19:00 - 19:55

Cycling
Barbara

Vendredi , 20.10

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Laura

Samedi , 21.10

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dimanche , 22.10

10:00 - 10:55

Cycling
Manuel