

Lundi , 06.11

09:00 - 09:55

Yoga
Laura

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

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

Mardi , 07.11

10:10 - 11:05

Rückenfit
Isabel

18:00 - 18:55

TRX
Graziella

19:00 - 19:55

Pump
Graziella

Mercredi , 08.11

09:00 - 09:55

Zumba
Sibylle

10:10 - 11:05

Cycling
Barbara

18:00 - 18:55

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

19:00 - 19:55

Cycling
Manuel

Jeudi , 09.11

18:00 - 18:55

Power Yoga
Neira

Vendredi , 10.11

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

Samedi , 11.11

10:00 - 10:55

Zumba
Deniz

Dimanche , 12.11