

Lundi , 04.12

09:00 - 09:55

Yoga
Laura

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Mardi , 05.12

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

Pump
Graziella

Mercredi , 06.12

09:00 - 09:55

Zumba
Sibylle

19:00 - 19:55

Cycling
Laura

Jeudi , 07.12

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Yoga
Isabel

18:00 - 18:55

Power Yoga
Neira

Vendredi , 08.12

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samedi , 09.12

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dimanche , 10.12

10:00 - 10:55

Cycling
Sandra