

Lundi , 04.03

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

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

Mardi , 05.03

09:00 - 09:55

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

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

Pump
Graziella

Mercredi , 06.03

09:00 - 09:55

Zumba
Deniz

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

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

19:00 - 19:55

Cycling
Barbara

Jeudi , 07.03

09:00 - 09:55

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

10:10 - 11:05

Yoga
Isabel

18:00 - 18:55

TRX
Graziella

19:05 - 20:00

Power Yoga
Laura

Vendredi , 08.03

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samedi , 09.03

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

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

Dimanche , 10.03

10:40 - 11:35

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