

Lundi , 01.04

10:00 - 10:55

P.I.I.T Special
Melanie

Mardi , 02.04

09:00 - 09:55

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

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

Pump
Graziella

Mercredi , 03.04

09:00 - 09:55

Zumba
Nicholay

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

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

19:00 - 19:55

Cycling
Barbara

Jeudi , 04.04

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
Pia

Vendredi , 05.04

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samedi , 06.04

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

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

Dimanche , 07.04

09:30 - 10:25

Cycling
Saskia

10:40 - 11:35

Dance Aerobic / Dance Mix
Graziella