update Fitness Allschwil
Paradiesrain 14
4123 Allschwil Schweiz
Phone061 501 10 84
Gestion du centre: Pascal

Horaire update Fitness Allschwil

Lundi , 05.08

09:00 - 09:55
Yoga
Vera

10:05 - 11:00
Upcon
Melanie

18:00 - 18:55
BBP (Bauch, Beine, Po) / Bodytone
Ariane

Mardi , 06.08

09:00 - 09:55
BBP (Bauch, Beine, Po) / Bodytone
Ariane

10:10 - 11:05
Rückenfit
Isabel

18:30 - 19:25
Pump
Jacqueline

Mercredi , 07.08

09:00 - 09:55
Zumba
Sibylle

10:10 - 11:05
Cycling
Carlo

18:00 - 18:55
BBP (Bauch, Beine, Po) / Bodytone
Tea

19:05 - 20:00
Cycling
Barbara

Jeudi , 08.08

09:00 - 09:55
BBP (Bauch, Beine, Po) / Bodytone
Ariane

10:10 - 11:05
Yoga
Isabel

Vendredi , 09.08

08:50 - 09:20
P.I.I.T
Melanie

09:30 - 10:00
Simply Core
Melanie

10:10 - 11:05
Rückenfit
Isabel

Samedi , 10.08

10:00 - 10:55
Zumba
Sibylle

11:10 - 12:05
BBP (Bauch, Beine, Po) / Bodytone
Ariane

Dimanche , 11.08

09:30 - 10:25
Cycling
Barbara