

Lundi , 30.09

09:00 - 09:55

Yoga
Laura

10:05 - 11:00

Pump
Jacqueline

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Mardi , 01.10

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Ariane

10:10 - 11:05

Rückenfit
Isabelle

18:30 - 19:25

Pump
Graziella

18:30 - 19:25

Pump
Graziella

Mercredi , 02.10

18:00 - 18:55

Step'n Tone
Graziella

19:05 - 20:00

Cycling
Barbara

Jeudi , 03.10

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Ariane

10:10 - 11:05

Yoga
Isabelle

18:00 - 18:55

TRX
Graziella

19:05 - 20:00

Power Yoga
Elissa

Vendredi , 04.10

10:10 - 11:05

Rückenfit
Isabelle

Samedi , 05.10

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dimanche , 06.10

09:30 - 10:25

Cycling
Barbara

10:35 - 11:25

BBP (Bauch, Beine, Po) /
Bodytone
Ariane