

Lundi , 14.10

09:00 - 09:55

Yoga
Laura

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Mardi , 15.10

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

Pump
Graziella

Mercredi , 16.10

09:00 - 09:55

Zumba
Sibylle

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

Step'n Tone
Graziella

19:05 - 20:00

Cycling
Barbara

Jeudi , 17.10

09:00 - 09:55

BBP (Bauch, Beine,
Po) / Bodytone
Ariane

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
Elissa

Vendredi , 18.10

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samedi , 19.10

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dimanche , 20.10

09:30 - 10:25

Cycling
Saskia

10:35 - 11:25

BBP (Bauch, Beine, Po) /
Bodytone
Saskia