

Lundi , 03.02

09:00 - 09:55

Yoga
 Laura

10:05 - 11:00

Upcon
 Melanie

18:00 - 18:55

BBP (Bauch, Beine, Po) /
 Bodytone
 Ariane

Mardi , 04.02

09:00 - 09:55

BBP (Bauch,
 Beine, Po) /
 Bodytone
 Ariane

10:10 - 11:05

Rückenfit
 Isabel

18:00 - 18:55

Step'n Tone
 Graziella

18:00 - 18:55

TRX
 Graziella

19:00 - 19:55

Pump
 Graziella

19:20 - 20:15

BBP (Bauch,
 Beine, Po) /
 Bodytone
 Tea

Mercredi , 05.02

09:00 - 09:55

Zumba
 Sibylle

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 , 06.02

09:00 - 09:55

BBP (Bauch, Beine, Po) /
 Bodytone
 Ariane

10:10 - 11:05

Yoga
 Isabel

18:00 - 18:55

Power Yoga
 Neira

Vendredi , 07.02

08:50 - 09:20

P.I.I.T
 Melanie

09:30 - 10:00

Simply Core
 Melanie

10:10 - 11:05

Rückenfit
 Isabel

Samedi , 08.02

10:00 - 10:55

Zumba
 Aaron Noah

11:10 - 12:05

BBP (Bauch, Beine, Po) /
 Bodytone
 Ariane

Dimanche , 09.02

09:30 - 10:25

Cycling
 Saskia

10:35 - 11:25

BBP (Bauch, Beine, Po) /
 Bodytone
 Team