

Lundi , 07.04

08:55 - 09:55

Yoga
Laura

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Ariane

19:10 - 20:05

TRX
Patrizia

Mardi , 08.04

09:00 - 09:55

Interval Training
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

Pump
Petra

Mercredi , 09.04

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 , 10.04

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Ariane

10:10 - 11:05

Yoga
Isabel

18:00 - 18:55

Muscle Work
Graziella

19:05 - 20:00

Power Yoga
Elissa

Vendredi , 11.04

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

18:00 - 18:55

Cycling
Oline

Samedi , 12.04

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

BBP (Bauch, Beine, Po) / Bodytone
Ariane

Dimanche , 13.04

09:30 - 10:25

Cycling
Oline

10:35 - 11:30

BBP (Bauch, Beine, Po) / Bodytone
Ariane