

Lundi , 01.04

Mardi , 02.04

09:00 - 09:55

Yoga
Laura

10:10 - 11:05

Zumba
Felicia

12:10 - 13:05

Pump
Angelica

18:00 - 18:55

Pilates
Isabelle

19:05 - 20:00

Functional Workout
Vanessa

Mercredi , 03.04

08:45 - 09:40

BBP (Bauch, Beine,
Po) / Bodytone
Angelica

09:50 - 10:45

Rückenfit
Sonja

18:00 - 18:55

Powerstep
Fabienne

19:05 - 20:00

Power Yoga
Fabienne

Jeudi , 04.04

09:30 - 10:25

Pilates
Isabelle

12:15 - 12:45

Upcon
Melanie

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone
Natalie

19:05 - 20:00

Pump
Cristian

20:10 - 21:05

Zumba
Felicia

Vendredi , 05.04

08:30 - 09:25

BBP (Bauch, Beine, Po) /
Bodytone
Saskia

17:30 - 18:25

Fighttime 55'
Bianca

Samedi , 06.04

09:30 - 10:25

Step'n Tone
Nicole

Dimanche , 07.04

09:00 - 09:55

Yoga Special
Fabienne

10:00 - 10:55

BBP (Bauch, Beine, Po) /
Bodytone
Fabienne