

Lundi , 02.10

09:10 - 10:05

Pilates
Isabelle

10:10 - 10:55

Fitboxe
Isabel

17:15 - 17:45

P.I.I.T
Bianca

17:55 - 18:50

Step'n Tone
Nicole

19:00 - 19:55

Zumba
Deniz

20:05 - 21:00

Yoga
Sabrina

Mardi , 03.10

18:00 - 18:30

P.I.I.T
Bianca

18:35 - 19:30

Upcon
Bianca

Mercredi , 04.10

09:10 - 10:05

Yoga
Olga

18:15 - 18:45

Simply Core
Bianca

19:00 - 19:55

Fitboxe
Isabel

Jeudi , 05.10

09:10 - 10:05

Pump
Isabel

18:00 - 18:55

Pump
Nicolle

Vendredi , 06.10

18:00 - 18:55

Step'n Tone
Priska

Samedi , 07.10

09:10 - 10:05

*BBP (Bauch, Beine, Po) /
Bodytone*
Daniela

10:15 - 11:10

Upcon
Daniela

Dimanche , 08.10

10:00 - 10:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Fabienne