update Fitness Oberwil
Mühlemattstrasse 48
4104 Oberwil Schweiz
Phone061 833 99 88
Gestion du centre: Francesco

Horaire update Fitness Oberwil

Lundi , 24.06

09:10 - 10:05	10:10 - 10:55	17:15 - 17:45	17:55 - 18:50	19:00 - 19:55	20:05 - 21:00
Pilates	*Fitboxe*	*P.I.I.T*	*Step'n Tone*	*Zumba*	*Yoga*
Isabelle	Isabel	Daniela	Daniela	Deniz	Sabrina

Mardi , 25.06

18:00 - 18:30	18:35 - 19:30
P.I.I.T	*BBP (Bauch, Beine, Po) / Bodytone*
Daniela	Daniela

Mercredi , 26.06

09:10 - 10:05	18:15 - 18:45	19:00 - 19:55
Yoga	*Simply Core*	*Fitboxe*
Olga	Bianca	Isabel

Jeudi , 27.06

09:10 - 10:05	18:00 - 18:55	19:00 - 19:55
Pump	*Pump*	*Fighttime 55'*
Isabel	Nicolle	Bianca

Vendredi , 28.06

09:10 - 10:05	18:00 - 18:55
BBP (Bauch, Beine, Po) / Bodytone	*Step'n Tone*
Sabrina	Graziella

Samedi , 29.06

09:10 - 10:05	10:15 - 11:10
BBP (Bauch, Beine, Po) / Bodytone	*Upcon*
Bianca	Bianca

Dimanche , 30.06