

Lundi , 27.01

09:10 - 10:05

Pilates
Isabelle

10:10 - 11:05

Fitboxe
Isabel

17:15 - 17:45

P.I.I.T
Daniela

17:55 - 18:50

Step'n Tone
Daniela

19:00 - 19:55

Zumba
Deniz

20:05 - 21:00

Yoga
Sabrina

Mardi , 28.01

09:10 - 10:05

Rückenfit
Isabelle

18:05 - 18:35

P.I.I.T
Daniela

18:35 - 19:30

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

Mercredi , 29.01

09:10 - 10:05

Yoga
Fabienne

18:15 - 18:45

Simply Core
Bianca

19:00 - 19:55

Fitboxe
Isabel

Jeudi , 30.01

09:10 - 10:05

Pump
Isabel

18:00 - 18:55

Pump
Bianca

19:00 - 19:55

Fighttime 55'
Bianca

Vendredi , 31.01

09:10 - 10:05

Functional Workout
Sabrina

18:00 - 18:55

Step'n Tone
Graziella

Samedi , 01.02

09:10 - 10:05

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

10:15 - 11:10

Upcon
Daniela

Dimanche , 02.02

10:00 - 10:55

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