

Lundi , 31.03

09:10 - 10:05

Pilates
Isabelle

10:10 - 10:55

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 , 01.04

09:10 - 10:05

Rückenfit
Isabelle

18:00 - 18:30

P.I.I.T
Daniela

18:35 - 19:30

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

Mercredi , 02.04

09:10 - 10:05

Yoga
Fabienne

18:15 - 18:45

Simply Core
Luc

19:00 - 19:55

Fitboxe
Isabel

Jeudi , 03.04

09:10 - 10:05

Pump
Isabel

18:00 - 18:55

Pump
Petra

Vendredi , 04.04

09:10 - 10:05

Functional Workout
Sabrina

17:00 - 17:30

Pump i.t.
Bianca

17:30 - 18:00

P.I.I.T
Bianca

Samedi , 05.04

09:00 - 09:55

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

10:05 - 11:00

Upcon
Daniela

Dimanche , 06.04

10:00 - 10:55

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