

Lundi , 11.07

08:30 - 09:25

Yoga
Lisa

09:45 - 10:40

Pilates
Monika

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Yoga
Seraina

Mardi , 12.07

09:10 - 10:05

MC (Mental Centering)
Matthias

18:10 - 18:40

P.I.I.T
Janina

18:50 - 19:45

BBP (Bauch, Beine, Po) /
Bodytone
Renata

Mercredi , 13.07

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Monika

20:00 - 20:55

Yoga
Silvana

Jeudi , 14.07

08:30 - 09:25

Rückengymnastik
Vicky

09:35 - 10:30

BBP (Bauch, Beine, Po) /
Bodytone
Vicky

Vendredi , 15.07

09:00 - 09:55

Pump
Vicky

Samedi , 16.07

Dimanche , 17.07