

Lundi , 18.07

08:30 - 09:25

Yoga
Lisa

09:45 - 10:40

Pilates
Silvana

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Yoga
Seraina

Mardi , 19.07

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*
Nena Nevenka

Mercredi , 20.07

08:00 - 08:55

Pilates
Silvana

09:00 - 09:55

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

20:00 - 20:55

Yoga
Seraina

Jeudi , 21.07

08:30 - 09:25

Rückengymnastik
Vicky

09:35 - 10:30

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

Vendredi , 22.07

09:00 - 09:55

Pump
Vicky

Samedi , 23.07

Dimanche , 24.07