

Lundi , 31.10

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 , 01.11

10:00 - 11:30

BBP Special
Renata

Mercredi , 02.11

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monika

18:50 - 19:45

Dance Aerobic / Dance Mix
Patrick Juvet

20:00 - 20:55

Yoga
Silvana

Jeudi , 03.11

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

BBP (Bauch, Beine, Po) / Bodytone
Liz

19:10 - 20:05

Fighttime 55'
Rebecca

Vendredi , 04.11

09:00 - 09:55

Pump
Vicky

10:05 - 11:00

Yoga
Michaela

Samedi , 05.11

Dimanche , 06.11