

Lundi , 24.07

08:30 - 09:25

Pilates
Erica

09:45 - 10:40

Pilates
Monika

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Yoga
Seraina

Mardi , 25.07

09:10 - 10:05

MC (Mental Centering)
Matthias

18:50 - 19:45

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

Mercredi , 26.07

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

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

20:00 - 20:55

Pilates
Cordelia

Jeudi , 27.07

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

Pump
Michelle

Vendredi , 28.07

09:00 - 09:55

Pump
Vicky

10:05 - 11:00

Yoga
Franziska

Samedi , 29.07

Dimanche , 30.07