

Lundi , 30.10

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 , 31.10

09:10 - 10:05

MC (Mental Centering)
Matthias

18:10 - 18:40

P.I.I.T
Ajla

18:50 - 19:45

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

Mercredi , 01.11

Jeudi , 02.11

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

Pump
Adriana

Vendredi , 03.11

09:00 - 09:55

Pump
Vicky

10:05 - 11:00

Yoga
Michaela

Samedi , 04.11

Dimanche , 05.11