

Lundi , 30.09

08:30 - 09:25

Yoga
Lisa

09:45 - 10:40

Pilates
Monika

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Pilates
Ajla

Mardi , 01.10

09:10 - 10:05

MC (Mental Centering)
Matthias

18:40 - 19:35

BBP (Bauch, Beine, Po) /
Bodytone
Renata

Mercredi , 02.10

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 , 03.10

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

Pump
Nicole

19:00 - 19:55

Bodybalance
Ruth

Vendredi , 04.10

09:00 - 09:55

Pump
Ajla

10:05 - 11:00

Yoga
Nadine

Samedi , 05.10

Dimanche , 06.10