

Lundi , 18.11

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 , 19.11

09:10 - 10:05

MC (Mental Centering)
Matthias

18:40 - 19:35

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

Mercredi , 20.11

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 , 21.11

08:30 - 09:25

Rückengymnastik
Adriana

09:35 - 10:30

Pump
Adriana

19:00 - 19:55

Bodybalance
Daniela

Vendredi , 22.11

09:00 - 09:55

Pump
Ajla

10:05 - 11:00

Yoga
Michaela

Samedi , 23.11

Dimanche , 24.11