update Fitness Basel Dreispitz
Leimgrubenweg 4
4053 Basel Schweiz
Telefon052 557 16 04
Center Management: Javier

Gruppenfitnessplan update Fitness Basel Dreispitz

Montag , 28.04

17:30 - 18:00
Simply Core
Fabienne

18:05 - 19:00
BBP (Bauch, Beine, Po) / Bodytone
Fabienne

Dienstag , 29.04

18:00 - 18:55
BBP (Bauch, Beine, Po) / Bodytone
Jady

Mittwoch , 30.04

17:30 - 18:00
P.I.I.T
Naima

18:10 - 19:05
BBP (Bauch, Beine, Po) / Bodytone
Naima

Donnerstag , 01.05

Freitag , 02.05

17:30 - 18:25
Functional Workout
Luana

Samstag , 03.05

09:00 - 09:55
BBP (Bauch, Beine, Po) / Bodytone
Doris

10:00 - 10:55
Muscle Work
Doris

Sonntag , 04.05