

Montag , 02.10

12:15 - 12:45

P.I.I.T
Renate

17:30 - 18:00

P.I.I.T
Graziella

18:10 - 19:05

Pump
Saskia

19:15 - 20:10

Functional Workout
Saskia

Dienstag , 03.10

09:00 - 09:55

Yoga
Bettina

10:10 - 11:05

Zumba
Felicia

12:10 - 13:05

Pump
Isabel

18:00 - 18:55

Pilates
Geneviève

19:05 - 20:00

Functional Workout
Vanessa

Mittwoch , 04.10

08:45 - 09:40

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

09:50 - 10:45

Rückenfit
Priska

18:00 - 18:55

Powerstep
Fabienne

19:05 - 20:00

Power Yoga
Fabienne

Donnerstag , 05.10

09:30 - 10:25

Pilates
Geneviève

18:00 - 18:55

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

19:05 - 20:00

Pump
Cristian

20:10 - 21:05

Zumba
Felicia

Freitag , 06.10

Samstag , 07.10

09:30 - 10:25

Step'n Tone
Priska

Sonntag , 08.10

10:00 - 10:55

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