

Montag , 14.04

18:00 - 18:55

Muscle Work
Angelica

19:05 - 20:00

Functional Workout
Angelica

Dienstag , 15.04

10:10 - 11:05

Zumba
Felicia

12:10 - 13:05

Muscle Work
Graziella

18:00 - 18:55

Pilates
Geneviève

19:05 - 20:00

Functional Workout
Vanessa

Mittwoch , 16.04

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Angelica

09:50 - 10:45

Rückenfit
Sonja

18:00 - 18:55

Step Intervall
Fabienne

19:05 - 20:00

Yoga
Fabienne

Donnerstag , 17.04

09:30 - 10:25

Pilates
Isabelle

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Natalie

19:05 - 20:00

Pump
Cristian

Freitag , 18.04

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Graziella

Samstag , 19.04

09:30 - 10:25

Step'n Tone
Graziella

Sonntag , 20.04

09:00 - 10:30

BBP Special
Natalie