

Montag , 15.01

09:10 - 10:05

Pilates
Isabelle

10:10 - 10:55

Fitboxe
Isabel

17:15 - 17:45

P.I.I.T
Daniela

17:55 - 18:50

Step'n Tone
Daniela

19:00 - 19:55

Zumba
Sibylle

20:05 - 21:00

Yoga
Sabrina

Dienstag , 16.01

18:00 - 18:30

P.I.I.T
Daniela

18:35 - 19:30

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

Mittwoch , 17.01

09:10 - 10:05

Yoga
Isabel

18:15 - 18:45

Simply Core
Bianca

19:00 - 19:55

Fitboxe
Isabel

Donnerstag , 18.01

09:10 - 10:05

Pump
Isabel

18:00 - 18:55

Pump
Nicolle

19:00 - 19:55

Fighttime 55'
Bianca

Freitag , 19.01

09:10 - 10:05

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

18:00 - 18:55

Step'n Tone
Graziella

Samstag , 20.01

09:10 - 10:05

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

10:15 - 11:10

Upcon
Bianca

Sonntag , 21.01

10:00 - 10:55

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