

Montag , 12.09

08:30 - 09:25

Yoga
Lisa

09:45 - 10:40

Pilates
Claudia

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Yoga
Seraina

Dienstag , 13.09

09:10 - 10:05

MC (Mental Centering)
Lisa

18:10 - 18:40

P.I.I.T
Janina

18:50 - 19:45

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

Mittwoch , 14.09

08:00 - 08:55

Pilates
Silvana

09:00 - 09:55

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

18:50 - 19:45

*Dance Aerobic / Dance
Mix*
Patrick Juvet

20:00 - 20:55

Yoga
Silvana

Donnerstag , 15.09

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

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

18:30 - 19:00

P.I.I.T
Maria

19:10 - 20:05

Fighttime
Maria

Freitag , 16.09

09:00 - 09:55

Pump
Vicky

10:05 - 11:00

Yoga
Seraina

Samstag , 17.09

Sonntag , 18.09