

Lundi , 16.10

09:00 - 09:55

Herzgruppe
Andrea

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:25

Herzgruppe
Andrea

10:30 - 11:15

Physio Fit
Marie

12:15 - 13:00

BBP (Bauch,
Beine, Po) /
Bodytone
Petra

18:00 - 18:55

Functional
Workout
Fabienne

18:00 - 18:55

Yoga
Regine

19:00 - 19:45

Herzgruppe
Fabienne

Mardi , 17.10

08:00 - 08:55

Herzgruppe
Andrea

09:00 - 09:55

Herzgruppe
Andrea

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

Cycling
Roberto

14:00 - 14:55

Herzgruppe
Andrea

18:00 - 18:55

TRX
Jerom

18:00 - 18:55

Cycling
Laura

19:15 - 19:45

Pilates
Cynthia

Mercredi , 18.10

09:10 - 10:05

Yoga
Susan

10:30 - 11:15

Physio Fit
Marie

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Raphael

Jeudi , 19.10

08:00 - 08:55

Herzgruppe
Andrea

09:00 - 09:55

Herzgruppe
Andrea

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

TRX
David

14:00 - 14:55

Herzgruppe
Andrea

Vendredi , 20.10

10:00 - 10:45

Fit Gym
Petra

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
Raphael

Samedi , 21.10

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Full Body Workout
Jacqueline

10:45 - 11:40

Yoga
Pia

Dimanche , 22.10

09:30 - 10:25

Cycling
Kathrin