

Lundi , 27.11

09:15 - 10:10

Pilates
Sonja

10:30 - 11:15

Physio Fit
Team

12:15 - 13:00

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

18:00 - 18:55

Functional Workout
Fabienne

18:00 - 18:55

Yoga
Sunethra

19:00 - 19:55

Herzgruppe
Fabienne

Mardi , 28.11

12:15 - 13:00

Cycling
Petra

18:00 - 18:55

Cycling
Laura

18:00 - 18:55

TRX
Jerom

19:15 - 20:10

Pilates
Ines

Mercredi , 29.11

09:10 - 10:05

Yoga
Susan

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Raphael

Jeudi , 30.11

12:15 - 13:00

TRX
Raphael

Vendredi , 01.12

10:00 - 10:45

Fit Gym
Petra

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
Raphael

Samedi , 02.12

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Functional Workout
Jacqueline

10:45 - 11:40

Yoga
Ines

Dimanche , 03.12