

Lundi , 01.07

09:00 - 09:55

Herzgruppe
Andrea

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:25

Herzgruppe
Andrea

10:30 - 11:25

Physio Fit
Team

12:15 - 13:00

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

18:00 - 18:55

Yoga
Regine

18:00 - 18:55

*Functional
Workout*
Fabienne

19:00 - 19:55

Herzgruppe
Fabienne

Mardi , 02.07

08:00 - 08:55

Herzgruppe
Andrea

09:00 - 09:55

Herzgruppe
Andrea

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

Cycling
Roberto

12:15 - 13:00

TRX
Jerom

14:00 - 14:55

Herzgruppe
Andrea

18:00 - 18:55

Cycling
Petra

19:15 - 20:00

Pilates
Ines

Mercredi , 03.07

09:10 - 10:05

Yoga
Laura

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Raphael

19:00 - 19:55

Functional Workout
Raphael

Jeudi , 04.07

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 , 05.07

10:00 - 10:45

Fit Gym
Petra

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
Raphael

Samedi , 06.07

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Functional Workout
Fabienne

10:45 - 11:40

Yoga
Olga

Dimanche , 07.07

09:30 - 10:25

Cycling
Manuel

10:45 - 11:40

Pump
Jacqueline