

Lundi , 03.11

09:15 - 10:10

Pilates
Astrid

18:15 - 18:45

P.I.I.T
Claude

19:00 - 19:55

Cycling
Yves

19:00 - 19:55

Pump
Ramona

20:05 - 21:00

Rückenfit
Astrid

Mardi , 04.11

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Andrea

10:00 - 10:55

Deep Stretch
Andrea

19:00 - 19:55

Fitboxe
Arlette

20:00 - 20:55

Power Yoga
Klaudia

Mercredi , 05.11

08:30 - 09:25

Pilates
Andrea

09:35 - 10:30

Pump
Jasmin

18:30 - 19:25

Pump
Sandy

Jeudi , 06.11

09:00 - 09:55

Zumba
Petra

10:00 - 10:55

Yoga
Nevin

18:00 - 18:55

Zumba
Petra

19:05 - 20:00

Fitboxe
Sandy

20:15 - 21:10

Cycling
Sandra

Vendredi , 07.11

08:30 - 09:25

Yoga
Michaela

09:30 - 10:25

BBP (Bauch, Beine, Po) / Bodytone
Diana

Samedi , 08.11

Dimanche , 09.11