

Lundi , 10.04

10:30 - 11:25

Bodycombat
Michael

18:00 - 18:55

BodyART International
Mirjam

Mardi , 11.04

09:10 - 10:05

Pump
Natascha

12:15 - 13:10

Yoga
Irene

17:45 - 18:40

Pump
Esther

19:00 - 19:55

Pilates
Simone Lisa

Mercredi , 12.04

06:30 - 07:25

Cycling
Adriano

09:10 - 10:05

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

12:15 - 13:10

Interval Training
Mirjam

17:30 - 18:25

Pump
Ariane

18:45 - 19:40

Bodycombat
Laura

Jeudi , 13.04

12:15 - 13:10

BodyART International
Mirjam

18:00 - 18:55

Cycling
Anasilia

19:15 - 20:10

Pump
Andrea

Vendredi , 14.04

09:10 - 10:05

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

10:20 - 11:15

Pilates
Serena

12:15 - 13:10

Bodycombat
Michael

17:30 - 18:25

Cycling
Adriano

18:40 - 19:35

*BodyART
International*
Mirjam

Samedi , 15.04

09:30 - 10:25

Pump
Jeannine

10:35 - 11:30

Bodycombat
Michael

11:45 - 12:40

Bodybalance
Rebekka

Dimanche , 16.04

11:30 - 12:25

Interval Training
Mirjam

12:30 - 13:00

Bauch Express
Mirjam