

Lundi , 29.05

10:30 - 11:25

Bodycombat
Michael

18:00 - 18:55

BodyART International
Mirjam

Mardi , 30.05

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 , 31.05

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
Sonia

18:45 - 19:40

Bodycombat
Sonia

Jeudi , 01.06

12:15 - 13:10

BodyART International
Mirjam

18:00 - 18:55

Cycling
Marcel

19:15 - 20:10

Pump
Andrea

Vendredi , 02.06

09:10 - 10:05

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

10:20 - 11:15

Pilates
Serena

12:15 - 13:10

Bodycombat
Jacqueline

17:30 - 18:25

Cycling
Adriano

18:40 - 19:35

*BodyART
International*
Mirjam

Samedi , 03.06

09:30 - 10:25

Pump
Jeannine

10:35 - 11:30

Bodycombat
Jacqueline

11:45 - 12:40

Bodybalance
Jacqueline

Dimanche , 04.06

11:30 - 12:25

Interval Training
Mirjam

12:30 - 13:00

Bauch Express
Mirjam