

Lundi , 02.10

09:10 - 10:05

BodyART
International
Mirjam

12:15 - 13:10

BBP (Bauch, Beine,
Po) / Bodytone
Liliane

17:45 - 18:40

Pump
Christian

18:50 - 19:45

Bodycombat
Jeannine

20:00 - 20:55

Hatha Yoga
Jeannine

Mardi , 03.10

09:10 - 10:05

Pump
Natascha

12:15 - 13:10

BodyART International
Mirjam

17:45 - 18:40

Pump
Esther

19:00 - 19:55

Pilates
Simone Lisa

Mercredi , 04.10

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
Ariane

Jeudi , 05.10

12:15 - 13:10

BodyART International
Mirjam

18:00 - 18:55

Cycling
Anasilia

19:15 - 20:10

Pump
Ariane

Vendredi , 06.10

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 , 07.10

09:30 - 10:25

Pump
Jeannine

10:35 - 11:30

Bodycombat
Michael

11:45 - 12:40

Bodybalance
Rebekka

Dimanche , 08.10

11:30 - 12:25

Interval Training
Mirjam

12:30 - 13:00

Bauch Express
Mirjam