

Lundi , 09.10

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
Natascha

20:00 - 20:55

Pilates
Simone Lisa

Mardi , 10.10

09:10 - 10:05

Pump
Natascha

12:15 - 13:10

Stretching
Natascha

17:45 - 18:40

Pump
Esther

19:00 - 19:55

Pilates
Simone Lisa

Mercredi , 11.10

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
Laura

Jeudi , 12.10

12:15 - 13:10

BodyART International
Mirjam

18:00 - 18:55

Cycling
Marcel

19:15 - 20:10

Pump
Andrea

Vendredi , 13.10

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 , 14.10

09:30 - 10:25

Pump
Jeannine

10:35 - 11:30

Bodycombat
Jacqueline

11:45 - 12:40

Bodybalance
Jacqueline

Dimanche , 15.10

11:30 - 12:25

Interval Training
Mirjam

12:30 - 13:00

Bauch Express
Mirjam