

Lundi , 20.11

09:10 - 10:05

Stretching
Natascha

12:15 - 13:10

BBP (Bauch, Beine,
Po) / Bodytone
Liliane

17:45 - 18:40

Pump
Natascha

18:50 - 19:45

Bodycombat
Jeannine

20:00 - 20:55

Bodybalance
Jacqueline

Mardi , 21.11

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 , 22.11

06:30 - 07:25

Cycling
Stefan

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 , 23.11

12:15 - 13:10

BodyART International
Mirjam

18:00 - 18:55

Cycling
Marcel

19:15 - 20:10

Pump
Andrea

Vendredi , 24.11

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
Eliane

18:40 - 19:35

BodyART
International
Mirjam

Samedi , 25.11

09:30 - 10:25

Pump
Jeannine

10:35 - 11:30

Bodycombat
Jacqueline

11:45 - 12:40

Bodybalance
Jacqueline

Dimanche , 26.11

11:30 - 12:25

Interval Training
Mirjam

12:30 - 13:00

Bauch Express
Mirjam