

Lundi , 05.08

09:00 - 09:55

Yoga
Vera

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Mardi , 06.08

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Rückenfit
Isabel

18:30 - 19:25

Pump
Jacqueline

Mercredi , 07.08

09:00 - 09:55

Zumba
Sibylle

10:10 - 11:05

Cycling
Carlo

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone
Tea

19:05 - 20:00

Cycling
Barbara

Jeudi , 08.08

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

10:10 - 11:05

Yoga
Isabel

Vendredi , 09.08

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samedi , 10.08

10:00 - 10:55

Zumba
Sibylle

11:10 - 12:05

BBP (Bauch, Beine, Po) /
Bodytone
Ariane

Dimanche , 11.08

09:30 - 10:25

Cycling
Barbara