

Lundi , 03.03

09:10 - 10:05

Pilates
Isabelle

10:10 - 10:55

Fighttime Special
Bianca

17:15 - 17:45

P.I.I.T
Naima

17:55 - 18:50

Step'n Tone
Nicole

19:00 - 19:55

Zumba
Deniz

20:05 - 21:00

Yoga
Bettina

Mardi , 04.03

09:10 - 10:05

Rückenfit
Isabelle

18:00 - 18:30

P.I.I.T
Melanie

18:35 - 19:30

BBP (Bauch, Beine, Po) /
Bodytone
Melanie

Mercredi , 05.03

09:10 - 10:05

Yoga
Fabienne

18:15 - 18:45

Simply Core
Petra

19:00 - 19:55

BBP (Bauch, Beine, Po) /
Bodytone
Melanie

Jeudi , 06.03

09:10 - 10:05

Pump
Melanie

18:00 - 18:55

Pump
Petra

Vendredi , 07.03

09:10 - 10:05

Functional Workout
Sabrina

17:00 - 17:30

Pump i.t.
Bianca

17:30 - 18:00

P.I.I.T
Bianca

Samedi , 08.03

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Daniela

10:05 - 11:00

Upcon
Daniela

Dimanche , 09.03

10:00 - 10:55

BBP (Bauch, Beine, Po) /
Bodytone
Melanie