

Lundi , 03.10

08:00 - 08:55

Yoga
 Nadine

09:15 - 09:45

P.I.I.T
 Laura

09:55 - 10:50

Pump
 Laura

17:55 - 18:50

Pump
 Manuela

19:00 - 19:55

BBP (Bauch, Beine, Po) / Bodytone
 Annina

Mardi , 04.10

09:30 - 10:25

Zumba
 Sabina

19:00 - 19:55

Zumba
 Sabina

20:05 - 21:00

Yoga
 Nadine

Mercredi , 05.10

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
 Fabienne

17:55 - 18:50

BBP (Bauch, Beine, Po) / Bodytone
 Manuela

19:00 - 19:55

Pilates
 Eva

20:05 - 21:00

Zumba
 Sabina

Jeudi , 06.10

09:30 - 10:25

Yoga
 Alexandra

18:00 - 18:30

P.I.I.T
 Laura

18:30 - 18:55

Simply Core
 Laura

19:10 - 20:05

Pump
 Laura

Vendredi , 07.10

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
 Manuela

12:00 - 12:55

Pump
 Manuela

Samedi , 08.10

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
 Annina

Dimanche , 09.10

10:00 - 10:30

Pump i.t.
 Manuela

10:35 - 11:05

Simply Core
 Manuela