

Lundi , 14.11

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
 Alexandra

10:05 - 11:00

Yoga
 Alexandra

12:15 - 12:45

P.I.I.T
 Stéphanie

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
 Barbara

19:05 - 20:00

Zumba
 Andrea

20:10 - 21:05

Power Yoga
 Beatrice

Mardi , 15.11

09:00 - 09:55

Zumba Gold
 Petra

10:00 - 10:55

Power Yoga
 Michaela

17:30 - 18:00

P.I.I.T
 Linda

18:10 - 19:05

Kick Power
 Nicole

19:15 - 20:10

Pump
 Sandra

Mercredi , 16.11

09:15 - 09:45

Senioren Cycling
 Alexandra

10:00 - 10:55

Rückengymnastik
 Alexandra

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
 Katja

19:00 - 19:55

Cycling
 Gilles

Jeudi , 17.11

06:30 - 07:25

Yoga
 Nina

09:30 - 10:25

Pilates
 Eva

18:00 - 18:55

Pump
 Nicole

19:05 - 20:00

Fitboxe
 Nicole

Vendredi , 18.11

10:00 - 10:55

Rückengymnastik
 Liz

12:05 - 13:00

Pump
 Sandra

19:00 - 19:55

Yoga
 Liliya

Samedi , 19.11

09:30 - 10:25

Yoga
 Nina

Dimanche , 20.11

09:30 - 10:25

Pump
 Nicole