

Lundi , 01.04

09:00 - 09:55

Yoga Special
Beatrice

10:00 - 10:55

Pump meets P.i.i.t
Katja

11:00 - 11:55

Pilates Special
Nicola

Mardi , 02.04

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Nadine

17:25 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mercredi , 03.04

09:25 - 10:10

Senioren Cycling
Alexandra

10:15 - 11:10

Rückengymnastik
Alexandra

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Katja

19:15 - 20:10

Cycling
Alessia

Jeudi , 04.04

06:15 - 07:10

Pilates
Sandra

09:30 - 10:25

Pilates
Sara

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Vendredi , 05.04

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Liliya

12:05 - 13:00

Pump
Katja

17:45 - 18:40

Cycling
Yves

19:00 - 19:55

Pilates
Eva

Samedi , 06.04

09:30 - 10:25

Yoga
Michaela

Dimanche , 07.04

08:55 - 09:25

P.I.I.T
Sandra

09:30 - 10:25

Pump
Sandra