

Lundi , 08.04

09:00 - 09:55

*BBP (Bauch,
Beine, Po) /
Bodytone*
Alexandra

10:00 - 10:55

Yoga
Alexandra

12:15 - 12:45

P.I.I.T
Linda

18:00 - 18:55

*BBP (Bauch,
Beine, Po) /
Bodytone*
Claudia

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Beatrice

Mardi , 09.04

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Liliya

17:25 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mercredi , 10.04

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
Gilles

Jeudi , 11.04

06:15 - 07:10

Pilates
Sandra

09:30 - 10:25

Pilates
Eva

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Nicole

Vendredi , 12.04

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Liliya

12:05 - 13:00

Pump
Ajla

17:45 - 18:40

Cycling
Julia

19:00 - 19:55

Pilates
Eva

Samedi , 13.04

09:30 - 10:25

Yoga
Beatrice

Dimanche , 14.04

08:55 - 09:25

P.I.I.T
Nicole

09:30 - 10:25

Pump
Nicole