

Lundi , 13.05

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
Nadine

Mardi , 14.05

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Michaela

17:25 - 17:55

P.I.I.T
Angela

18:00 - 18:55

Kick Power
Angela

19:00 - 19:55

Pump
Sandra

Mercredi , 15.05

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
Julia

Jeudi , 16.05

06:15 - 07:10

Pilates
Sandra

09:30 - 10:25

Pilates
Sara

18:00 - 18:55

Pump
Fabien

19:05 - 20:00

Fitboxe
Judith

Vendredi , 17.05

09:00 - 09:55

Rückengymnastik
Liz

10:00 - 10:55

Yoga
Asal

12:05 - 13:00

Pump
Katja

19:00 - 19:55

Pilates
Eva

Samedi , 18.05

09:30 - 10:25

Yoga
Seraina

Dimanche , 19.05