

Lundi , 07.04

08:30 - 09:25

Pump
Vicky

12:10 - 13:05

Pilates
Brigitta

13:30 - 14:25

Rückenfit
Francesca Serena

18:00 - 18:55

Functional Workout
Diana Patricia

20:00 - 20:55

Yoga
Anya

Mardi , 08.04

09:00 - 09:55

Pilates
Brigitta

17:50 - 18:45

Rückenfit
Angelina

19:00 - 19:55

Zumba
Sabrina

20:10 - 21:05

Pump
Tamara

Mercredi , 09.04

08:30 - 09:25

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

09:30 - 10:25

Yoga
Anya

18:00 - 18:55

Pilates
Francesca Serena

Jeudi , 10.04

09:00 - 09:55

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

10:00 - 10:55

Pilates
Marlene

18:00 - 18:55

Functional Workout
Mariella

18:35 - 19:05

P.I.I.T
Mariella

19:45 - 20:40

Yoga
Karin

Vendredi , 11.04

10:00 - 10:55

Rückenfit
Renata

17:30 - 18:25

Pump
Mariella

Samedi , 12.04

09:30 - 10:00

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

10:15 - 11:45

Yoga
Karin

Dimanche , 13.04

09:15 - 10:10

Pilates
Marlene

10:30 - 11:00

P.I.I.T
Marlene

11:15 - 12:10

Zumba
Ariane