

Lundi , 11.07

08:00 - 08:55

Spiralkraft
Monika

09:15 - 10:10

Dance Step
Christina

17:50 - 18:45

Pump
Sandra

19:00 - 19:55

Kick Power
Irene

20:10 - 21:05

Pilates
Monika

Mardi , 12.07

09:10 - 09:40

P.I.I.T
Irene

09:40 - 10:10

BBP Special
Irene

18:00 - 18:55

Spiralkraft
Monika

19:00 - 19:55

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

20:10 - 21:05

Zumba
Angela

Mercredi , 13.07

10:20 - 11:15

Rückengym Physio
Miriam

19:00 - 19:55

Pump
Irene

20:10 - 21:05

Yoga
Michaela

Jeudi , 14.07

10:20 - 11:15

Spiralkraft
Monika

Vendredi , 15.07

Samedi , 16.07

Dimanche , 17.07

10:00 - 10:55

Zumba
Diana