

Lundi , 25.07

08:00 - 08:55

Spiralkraft
Monika

09:15 - 10:10

Dance Step
Christina

17:50 - 18:45

Pump
Sandra

20:10 - 21:05

Pilates
Monika

Mardi , 26.07

09:10 - 09:40

P.I.I.T
Vivienne

09:40 - 10:10

BBP Special
Vivienne

18:00 - 18:55

Spiralkraft
Monika

19:00 - 19:55

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

20:10 - 21:05

Zumba
Andrea

Mercredi , 27.07

10:20 - 11:15

Rückengym Physio
Miriam

19:00 - 19:55

Pump
Sandra

20:10 - 21:05

Yoga
Michaela

Jeudi , 28.07

10:20 - 11:15

Spiralkraft
Monika

Vendredi , 29.07

Samedi , 30.07

Dimanche , 31.07

10:00 - 10:55

Zumba
Angela