

Lundi , 01.08

Mardi , 02.08

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

Angela

Mercredi , 03.08

10:20 - 11:15

Rückengym Physio

Miriam

19:00 - 19:55

Pump

Irene

20:10 - 21:05

Yoga

Beatrice

Jeudi , 04.08

10:20 - 11:15

Spiralkraft

Monika

Vendredi , 05.08

Samedi , 06.08

Dimanche , 07.08

10:00 - 10:55

Zumba

Diana