update Fitness Wittenbach
Erlackerstrasse 14
9300 Wittenbach Schweiz
Phone071 298 55 15
Gestion du centre: Daniela

Horaire update Fitness Wittenbach

Lundi , 24.10

08:00 - 08:55	09:15 - 09:45	09:15 - 10:10	17:50 - 18:45	19:00 - 19:55	19:00 - 19:55	20:10 - 21:05
Spiralkraft	*Senioren Cycling*	*Dance Step*	*Pump*	*Kick Power*	*Cycling*	*Pilates*
Monika	Daniela	Christina	Sandra	Irene	Ralph	Monika

Mardi , 25.10

09:10 - 09:40	09:40 - 10:10	10:30 - 11:25	18:00 - 18:55	19:00 - 19:55	20:10 - 21:05
P.I.I.T	*BBP Special*	*Rückengym Physio*	*Spiralkraft*	*BBP (Bauch, Beine, Po) / Bodytone*	*Zumba*
Irene	Irene	Miriam	Monika	Monika	Angela

Mercredi , 26.10

09:10 - 10:05	10:10 - 11:05	17:50 - 18:45	19:00 - 19:55	20:10 - 21:05
Zumba	*Pilates*	*Fitboxe*	*Pump*	*Yoga*
Miriam	Vasiliki	Irene	Irene	Joanna

Jeudi , 27.10

09:10 - 10:05	10:20 - 11:15	18:00 - 18:55	19:00 - 19:30	19:35 - 20:05	20:10 - 21:05
Pump	*Spiralkraft*	*Rückengym Physio*	*P.I.I.T*	*Simply Core*	*Pilates*
Claudia	Monika	Miriam	Vivienne	Vivienne	Monika

Vendredi , 28.10

09:15 - 10:10	19:00 - 19:55
Yoga	*Yoga*
Alexandra	Nina

Samedi , 29.10

Dimanche , 30.10

10:00 - 11:30
Zumba Special
Angela