

Montag , 13.10

14:00 - 15:00

Best Agers
Erblin

18:00 - 18:55

Les Mills Bodypump
Djamshed

19:10 - 20:05

Bodycombat
Djamshed

20:15 - 20:50

Core Training
Djamshed

Dienstag , 14.10

09:00 - 09:55

Pilates
Miroslava

17:40 - 18:35

Zumba
Daniela

17:40 - 18:35

Rückenfit
Daniela

18:00 - 18:45

X Train
Jaromir

18:50 - 19:55

Jumping
Djamshed

20:05 - 21:00

BoxingFitness
Philippe

Mittwoch , 15.10

08:00 - 09:00

Best Agers
Erblin

09:00 - 09:55

Zumba
Daniela

10:00 - 10:55

Yoga
Keith

16:55 - 17:50

Les Mills Bodypump
Djamshed

18:00 - 18:55

Bodycombat
Djamshed

19:10 - 20:05

Pilates
Miroslava

Donnerstag , 16.10

18:00 - 18:55

Jumping
Djamshed

18:00 - 19:00

X Train
Flavio

19:15 - 19:50

Core Training
Djamshed

Freitag , 17.10

09:00 - 09:55

Bodycombat
Nicole

18:00 - 18:55

BoxingFitness
Philippe

Samstag , 18.10

09:30 - 10:45

Yoga 75min
Laura

Sonntag , 19.10

10:00 - 11:30

Bodycombat & Core
Djamshed