update Fitness Bern Ostermundigen
Ostermundigenstrasse 95
3006 Bern Schweiz
Telefon031 506 91 32
Center Management: Fabian

Gruppenfitnessplan update Fitness Bern Ostermundigen

Montag , 07.10

08:50 - 09:45
Pump
Andrea

09:55 - 10:50
BBP (Bauch, Beine, Po) / Bodytone
Nadia

18:00 - 18:55
Upcon
Céline H.

19:10 - 20:05
Yoga Strength&Flow
Carmen

Dienstag , 08.10

10:00 - 10:55
Pilates
Beatriz

18:00 - 18:55
Pump
Ruth

19:10 - 20:05
Fitboxe
Céline B.

Mittwoch , 09.10

09:30 - 10:25
Functional Workout
Barbara

18:30 - 19:25
Kick Power
Sarah

Donnerstag , 10.10

17:30 - 18:25
Zumba
Beatriz

18:45 - 19:40
Power Yoga
Bruno

Freitag , 11.10

09:00 - 09:55
Pump
Ruth

10:05 - 11:00
Yoga
Pedro

12:15 - 12:45
P.I.I.T
Rebecca

Samstag , 12.10

09:00 - 09:55
Pump
Ruth

10:15 - 11:10
Fitboxe
Sarah

Sonntag , 13.10