update Fitness Aarau
Gysulastrasse 21
5000 Aarau Schweiz
Telefon062 823 99 88
Center Management: Cédric

Gruppenfitnessplan update Fitness Aarau

Montag , 29.05

18:00 - 18:55
Zumba
Maja

19:00 - 19:55
Pump
Sally

Dienstag , 30.05

09:10 - 10:05
BBP (Bauch, Beine, Po) / Bodytone
Sally

18:15 - 19:10
BBP (Bauch, Beine, Po) / Bodytone
Maja

19:30 - 20:25
Yoga
Isabel

Mittwoch , 31.05

18:30 - 19:25
Pump
Maja

Donnerstag , 01.06

09:10 - 10:05
Pilates
Sally

18:30 - 19:25
Functional Workout
Sally

Freitag , 02.06

09:10 - 10:05
Zumba
Simone

18:00 - 18:55
Pilates
Sally

Samstag , 03.06

10:00 - 10:55
BBP (Bauch, Beine, Po) / Bodytone
Sally

Sonntag , 04.06