update Fitness Langenthal
Bäreggsstrasse 10
4900 Langenthal Schweiz
Telefon031 371 53 31
Center Management: Lukas

Gruppenfitnessplan update Fitness Langenthal

Montag , 29.05

Dienstag , 30.05

09:10 - 10:05
Yoga
Katrin

18:00 - 18:30
P.I.I.T
Petra

18:45 - 19:40
BBP (Bauch, Beine, Po) / Bodytone
Nadine

Mittwoch , 31.05

18:30 - 19:25
Pump
Petra

19:30 - 20:25
Power Yoga
Katrin

Donnerstag , 01.06

09:10 - 10:05
Zumba
Adriana

Freitag , 02.06

18:00 - 18:55
Powerstep
Adriana

Samstag , 03.06

09:30 - 10:00
P.I.I.T
Petra

10:05 - 11:00
Pump
Petra

Sonntag , 04.06

10:30 - 11:25
Functional Workout
Nadine