update Fitness Muttenz
Hofackerstrasse 40
4132 Muttenz Schweiz
Telefon061 501 10 82
Center Management: Alessandro

Gruppenfitnessplan update Fitness Muttenz

Montag , 26.05

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

18:00 - 18:55
Pump
Saskia

19:05 - 20:00
Functional Workout
Saskia

Dienstag , 27.05

09:00 - 09:55
Yoga
Mariya

10:10 - 11:05
Zumba
Felicia

12:10 - 13:05
Muscle Work
Graziella

18:00 - 18:55
Pilates
Isabelle

19:05 - 20:00
Functional Workout
Saskia

Mittwoch , 28.05

08:30 - 09:25
BBP (Bauch, Beine, Po) / Bodytone
Angelica

09:50 - 10:45
Rückenfit
Sabine

18:00 - 18:55
Step Intervall
Fabienne

19:05 - 20:00
Yoga
Fabienne

Donnerstag , 29.05

Freitag , 30.05

08:30 - 09:00
P.I.I.T
Nicoletta

09:05 - 09:35
Simply Core
Nicoletta

Samstag , 31.05

09:30 - 10:25
Step'n Tone
Graziella

Sonntag , 01.06

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