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

Gruppenfitnessplan update Fitness Muttenz

Montag , 09.06

10:00 - 11:30
BBP Special
Team

Dienstag , 10.06

09:00 - 09:55
Yoga
Bettina

12:10 - 13:05
Muscle Work
Graziella

18:00 - 18:55
Pilates
Geneviève

19:05 - 20:00
Functional Workout
Vanessa

Mittwoch , 11.06

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

09:50 - 10:45
Rückenfit
Sonja

18:00 - 18:55
Step Intervall
Fabienne

19:05 - 20:00
Yoga
Fabienne

Donnerstag , 12.06

09:30 - 10:25
Pilates
Geneviève

12:15 - 13:00
Interval Training
Melanie

18:00 - 18:55
BBP (Bauch, Beine, Po) / Bodytone
Natalie

19:05 - 20:00
Muscle Work
Cristian

20:10 - 21:05
Zumba
Felicia

Freitag , 13.06

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

09:05 - 09:35
Simply Core
Nicoletta

Samstag , 14.06

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

Sonntag , 15.06

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