

Montag , 18.09

09:15 - 10:10

Full Body Workout
Nicole

18:00 - 18:30

P.I.I.T
Myrta

18:40 - 19:10

Simply Core
Myrta

20:00 - 20:55

Pump
Darina

Dienstag , 19.09

12:00 - 12:55

Yoga
Syrille

19:00 - 19:55

Full Body Workout
Nicole

Mittwoch , 20.09

09:15 - 09:45

*BBP (Bauch, Beine, Po) /
Bodytone*
Nicole

09:50 - 10:20

P.I.I.T
Nicole

18:30 - 19:25

Pump
Darina

Donnerstag , 21.09

09:15 - 10:10

Yoga
Fabienne

12:15 - 13:10

Pump
Jacqueline

18:00 - 18:55

Zumba
Andrea

Freitag , 22.09

Samstag , 23.09

Sonntag , 24.09