update Fitness Zofingen
Aarburgerstrasse 4
4800 Zofingen Schweiz
Telefon062 752 99 88
Center Management: Berni

Gruppenfitnessplan update Fitness Zofingen

Montag , 29.05

09:15 - 10:10
BBP (Bauch, Beine, Po) / Bodytone
Sabine

Dienstag , 30.05

18:30 - 19:25
Zumba
Tanja

19:45 - 20:15
P.I.I.T
Dario

Mittwoch , 31.05

18:00 - 18:55
Pilates
Angela

19:00 - 19:55
Pump
Marion

Donnerstag , 01.06

09:15 - 10:10
Zumba
Padhy

18:30 - 19:25
BBP (Bauch, Beine, Po) / Bodytone
Sabine

19:30 - 20:25
Deep Work
Noy

Freitag , 02.06

18:30 - 19:25
Step Aerobic
Padhy

Samstag , 03.06

10:00 - 10:30
Simply Core
Noy

10:45 - 11:40
Pump
Noy

Sonntag , 04.06

10:30 - 11:25
BBP (Bauch, Beine, Po) / Bodytone
Dario