

GROUPFITNESS

WEEKLY SCHEDULE

Montag		18:30 - 19:25 CARDIO DANCE	19:30 - 20:25 PUMP N' SHAPE
Dienstag		18:30 - 19:25 STEP AEROBIC	19:30 - 20:25 PILATES
Mittwoch	06:30 - 07:25 YOGA FLOW	18:30 - 19:25 DEEPWORK	19:30 - 20:25 CARDIO BOX
Donnerstag		18:30 - 19:25 CARDIO BOXING	19:30 - 20:25 YOGA
Freitag		18:30 - 19:25 BBP (BAUCH-BEINE PO)	19:30 - 20:25 YOGA FLOW
Samstag	10:00 - 11:00 CARDIO DANCE		
Sonntag			

BETTLACH, SWITZERLAND
AB 11.08.2025

