

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

50 Hatha Yoga
09:30 - 10:30
Annina Hoessly

51 Hatha Yoga
10:40 - 11:40
Annina Hoessly

74 Soft Yoga
09:00 - 10:00
Barbara Carr

75 Soft Yoga
10:15 - 11:15
Barbara Carr

58 Beckenboden Intensiv
09:00 - 10:00
Hanni Zahnd

59 Beckenboden
10:30 - 11:30
Hanni Zahnd

66 Hatha Yoga sanft
09.30 - 10.30
Magda Sigg

76 Pilates
09:00 - 09:50
Silvia Moser

55 Pilates
18:00 - 18:50
Britta Serhani

56 Pilates
19:00 - 19:50
Britta Serhani

57 Pilates
20:00 - 20:50
Manuela Torti

72 Power Yoga
20:00 - 21:00
Britta Serhani

39 Orient. Tanz III
17.45 - 18:45
Lourdes Rohner

62 Power Yoga
18:50 - 19:50
Britta Serhani