

Lundi , 09.01

09:05 - 10:00

Pilates
Cordelia

10:10 - 11:05

Pilates
Cordelia

18:00 - 18:55

TRX
Marc

20:05 - 21:00

TRX
Marc

Mardi , 10.01

18:00 - 18:55

Pilates
Claudia

Mercredi , 11.01

09:15 - 10:10

TRX
Marc

17:45 - 18:40

Fighttime 55'
Patricia

18:50 - 19:45

Sypoba
Beat

Jeudi , 12.01

09:15 - 10:10

Pilates
Silvana

18:40 - 19:35

TRX
Marc

19:50 - 20:45

TRX
Marc

Vendredi , 13.01

09:15 - 10:10

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

Samedi , 14.01

Dimanche , 15.01