

Lundi , 05.02

09:00 - 09:55

Herzgruppe
Andrea

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:25

Herzgruppe
Andrea

10:30 - 11:25

Physio Fit
Team

12:15 - 13:00

BBP (Bauch,
Beine, Po) /
Bodytone
Petra

18:00 - 18:55

Yoga
Ines

18:00 - 18:55

Functional
Workout
Emanuele

19:00 - 19:55

Herzgruppe
Fabienne

Mardi , 06.02

08:00 - 08:55

Herzgruppe
Andrea

09:00 - 09:55

Herzgruppe
Andrea

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

Cycling
Petra

14:00 - 14:55

Herzgruppe
Andrea

18:00 - 18:55

Cycling
Laura

19:00 - 19:55

TRX
Jerom

19:15 - 20:00

Pilates
Ines

Mercredi , 07.02

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Raphael

Jeudi , 08.02

08:00 - 08:55

Herzgruppe
Andrea

09:00 - 09:55

Herzgruppe
Andrea

10:30 - 11:25

Herzgruppe
Andrea

12:15 - 13:00

TRX
David

14:00 - 14:55

Herzgruppe
Andrea

Vendredi , 09.02

10:00 - 10:45

Fit Gym
Petra

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
Raphael

Samedi , 10.02

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Functional Workout
Fabienne

10:45 - 11:40

Yoga
Ines

Dimanche , 11.02

09:30 - 10:25

Cycling
Petra