

Lundi , 01.12

09:15 - 10:10

Pilates
 Astrid

18:15 - 18:45

P.I.I.T
 Claude

19:00 - 19:55

Pump
 Ramona

19:00 - 19:55

Cycling
 Yves

20:05 - 21:00

Rückenfit
 Claudia

Mardi , 02.12

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
 Andrea

10:00 - 10:55

Deep Stretch
 Andrea

19:00 - 19:55

Fitboxe
 Arlette

20:00 - 20:55

Power Yoga
 Klaudia

Mercredi , 03.12

08:30 - 09:25

Pilates
 Andrea

09:35 - 10:30

Pump
 Jasmin

18:30 - 19:25

Pump
 Sandy

Jeudi , 04.12

09:00 - 09:55

Zumba
 Petra

10:00 - 10:55

Yoga
 Nevin

18:00 - 18:55

Zumba
 Petra

19:05 - 20:00

Fitboxe
 Sandy

20:15 - 21:10

Cycling
 Sandra

Vendredi , 05.12

08:30 - 09:25

Yoga
 Michaela

09:30 - 10:25

BBP (Bauch, Beine, Po) / Bodytone
 Diana

Samedi , 06.12

Dimanche , 07.12