

Lundi , 22.12

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 , 23.12

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 , 24.12

Jeudi , 25.12

09:00 - 09:55

Zumba
Petra

20:15 - 21:10

Cycling
Sandra

Vendredi , 26.12

Samedi , 27.12

Dimanche , 28.12