

Lundi , 22.01

09:10 - 10:05

*BodyART
International
Mirjam*

12:15 - 13:10

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

17:45 - 18:40

*Pump
Christian*

18:50 - 19:45

*Bodycombat
Jeannine*

20:00 - 20:55

*Bodybalance
Jacqueline*

Mardi , 23.01

12:15 - 13:10

*BodyART International
Mirjam*

17:45 - 18:40

*Pump
Esther*

19:00 - 19:55

*Pilates
Simone Lisa*

Mercredi , 24.01

06:30 - 07:25

*Cycling
Adriano*

09:10 - 10:05

*Toning
Serena*

12:15 - 13:10

*Interval Training
Mirjam*

17:30 - 18:25

*Pump
Sonia*

18:45 - 19:40

*Bodycombat
Sonia*

Jeudi , 25.01

12:15 - 13:10

*BodyART International
Mirjam*

18:00 - 18:55

*Cycling
Marcel*

19:15 - 20:10

*Pump
Andrea*

Vendredi , 26.01

09:10 - 10:05

*Toning
Jacqueline*

10:20 - 11:15

*Pilates
Serena*

12:15 - 13:10

*Bodycombat
Jacqueline*

17:30 - 18:25

*Cycling
Adriano*

18:40 - 19:35

*BodyART
International
Mirjam*

Samedi , 27.01

09:30 - 10:25

*Pump
Jeannine*

10:35 - 11:30

*Bodycombat
Jacqueline*

11:45 - 12:40

*Bodybalance
Jacqueline*

Dimanche , 28.01

11:30 - 12:25

*Interval Training
Mirjam*

12:30 - 13:00

*Bauch Express
Mirjam*