

Lundi , 30.12

09:10 - 10:05

*BodyART
International*
Mirjam

12:15 - 13:10

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

17:45 - 18:40

Pump
Christian

18:50 - 19:45

Bodycombat
Jeannine

20:00 - 20:55

Bodybalance
Jacqueline

Mardi , 31.12

09:10 - 10:05

Pump
Natascha

12:15 - 13:10

BodyART International
Mirjam

Mercredi , 01.01

Jeudi , 02.01

12:15 - 13:45

Interval Training
Mirjam

Vendredi , 03.01

09:10 - 10:10

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 , 04.01

09:30 - 10:25

Pump
Livia

10:35 - 11:30

Bodycombat
Jacqueline

11:45 - 12:40

Bodybalance
Jacqueline

Dimanche , 05.01

11:30 - 12:25

Interval Training
Mirjam

12:30 - 13:00

Bauch Express
Mirjam