

Lundi , 02.01

09:15 - 10:10

Pilates
Reto

18:00 - 18:55

Yoga
Nadine

19:05 - 20:00

Pump
Claudia

Mardi , 03.01

09:30 - 10:25

Zumba
Miriam

12:10 - 12:40

P.I.I.T
Sandra

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Sandra

19:05 - 20:00

Fitboxe
Sandra

Mercredi , 04.01

12:15 - 12:45

Upcon
Nadine

17:30 - 18:25

Pilates
Nicola

18:35 - 19:30

Pump
Nadja

19:40 - 20:35

Zumba
Andrea

Jeudi , 05.01

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Angela

18:00 - 18:30

Upcon
Nadine

18:40 - 19:35

Yoga
Nadine

Vendredi , 06.01

09:15 - 10:10

Yoga
Nadine

12:15 - 12:45

P.I.I.T
Stéphanie

Samedi , 07.01

Dimanche , 08.01