

Lundi , 13.01

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Andrea

18:05 - 19:00

Pilates
Astrid

19:15 - 20:10

Zumba
Petra

20:25 - 21:20

Muscle Work
Ursi

Mardi , 14.01

09:10 - 10:05

Muscle Work
Ursi

10:15 - 11:10

Cycling
Tanya

12:10 - 13:05

Cycling
Walter

18:00 - 18:30

P.I.I.T
Claude

19:00 - 19:55

Powerstep
Petra

Mercredi , 15.01

08:30 - 09:25

Cycling
Tanya

09:35 - 10:30

Rückenfit
Claudia

19:00 - 19:55

Muscle Work
Kurt

20:10 - 21:05

Yoga
Nevin

Jeudi , 16.01

09:30 - 10:25

Zumba
Marion

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Andrea

19:00 - 19:55

Fitboxe
Karin

Vendredi , 17.01

08:30 - 09:25

Over 50
Silvana

09:35 - 10:30

Pilates
Silvana

12:15 - 12:45

P.I.I.T
Claude

17:50 - 18:45

Zumba
Petra

19:00 - 19:55

Cycling
Antonietta

Samedi , 18.01

09:30 - 10:25

Yoga
Nevin

Dimanche , 19.01

09:00 - 09:55

Cycling
Tanya

10:30 - 11:25

Muscle Work
Kurt