

Lundi , 27.01

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Arlette

18:05 - 19:00

Pilates
Astrid

19:15 - 20:10

Zumba
Chiara

20:25 - 21:20

Muscle Work
Kurt

Mardi , 28.01

09:10 - 10:05

Muscle Work
Kurt

10:15 - 11:10

Cycling
Antonietta

12:10 - 13:05

Cycling
Walter

18:00 - 18:30

P.I.I.T
Sara

20:05 - 21:00

Fitboxe
Melanie

Mercredi , 29.01

08:30 - 09:25

Cycling
Brigitta

09:35 - 10:30

Rückenfit
Claudia

19:00 - 19:55

Muscle Work
Kurt

20:10 - 21:05

Yoga
Nevin

Jeudi , 30.01

09:30 - 10:25

Zumba
Jelena

Vendredi , 31.01

08:30 - 09:25

Over 50
Silvana

09:35 - 10:30

Pilates
Silvana

12:15 - 12:45

P.I.I.T
Sara

17:50 - 18:45

Zumba
Petra

19:00 - 19:55

Cycling
Ivo

Samedi , 01.02

09:30 - 10:25

Yoga
Nevin

Dimanche , 02.02

09:00 - 09:55

Cycling
Antonietta

10:30 - 11:25

Muscle Work
Kurt