

Lundi , 03.02

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Andrea

18:05 - 19:00

Pilates
Astrid

19:15 - 20:10

Zumba
Chiara

20:25 - 21:20

Muscle Work
Ursi

Mardi , 04.02

09:10 - 10:05

Muscle Work
Ursi

10:15 - 11:10

Cycling
Antionietta

12:10 - 13:05

Cycling
Brigitta

18:00 - 18:30

P.I.I.T
Claude

19:00 - 19:55

Powerstep
Susanne

20:05 - 21:00

Fitboxe
Susanne

Mercredi , 05.02

08:30 - 09:25

Cycling
Antionietta

09:35 - 10:30

Rückenfit
Claudia

19:00 - 19:55

Muscle Work
Kurt

20:10 - 21:05

Yoga
Nevin

Jeudi , 06.02

09:30 - 10:25

Zumba
Marion

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Andrea

19:00 - 19:55

Fitboxe
Karin

Vendredi , 07.02

08:30 - 09:25

Over 50
Monika

09:35 - 10:30

Pilates
Monika

12:15 - 12:45

P.I.I.T
Janina

17:50 - 18:45

Zumba
Petra

19:00 - 19:55

Cycling
Beatrice

Samedi , 08.02

09:30 - 10:25

Yoga
Nevin

Dimanche , 09.02

09:00 - 09:55

Cycling
Arlette

10:30 - 11:25

Muscle Work
Kurt