

Lundi , 29.12

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 , 30.12

09:10 - 10:05

Muscle Work
Ursi

18:00 - 18:30

P.I.I.T
Claude

19:00 - 19:55

Yoga
Jiyeun

20:05 - 21:00

Fitboxe
Team

Mercredi , 31.12

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 , 01.01

Vendredi , 02.01

Samedi , 03.01

Dimanche , 04.01