

Lundi , 30.01

08:00 - 08:55

Yoga
Nadine

09:15 - 09:45

P.I.I.T
Laura

09:55 - 10:50

Pump
Laura

17:55 - 18:50

Pump
Manuela

19:00 - 19:55

BBP (Bauch, Beine, Po) / Bodytone
Annina

Mardi , 31.01

09:30 - 10:25

Zumba
Angela

17:55 - 18:50

Pump
Laura

19:00 - 19:55

Zumba
Miriam

20:05 - 21:00

Yoga
Nadine

Mercredi , 01.02

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Laura

17:55 - 18:50

BBP (Bauch, Beine, Po) / Bodytone
Manuela

19:00 - 19:55

Pilates
Eva

20:05 - 21:00

Zumba
Angela

Jeudi , 02.02

09:30 - 10:25

Yoga
Beatrice

18:00 - 18:30

P.I.I.T
Laura

18:30 - 18:55

Simply Core
Laura

19:10 - 20:05

Pump
Laura

Vendredi , 03.02

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Manuela

10:15 - 10:45

Simply Core
Manuela

12:00 - 12:55

Pump
Manuela

Samedi , 04.02

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Morena

Dimanche , 05.02

08:45 - 09:40

Pump
Manuela

10:00 - 10:30

Simply Core
Laura

10:35 - 11:05

Pump i.t.
Laura