

Lundi , 20.01

08:00 - 08:55

Yoga
Heinz

09:05 - 09:30

P.I.I.T
Laura

09:35 - 10:30

Pump
Laura

18:00 - 18:55

Pump
Manuela

19:00 - 19:55

BBP (Bauch,
Beine, Po) /
Bodytone
Fabienne

20:00 - 20:55

Yoga
Asal

Mardi , 21.01

09:30 - 10:25

Zumba
Sabina

18:00 - 18:55

Pump
Laura

19:00 - 19:55

Zumba
Sabina

20:15 - 21:10

Yoga
Alexandra

Mercredi , 22.01

08:45 - 09:10

Simply Core
Fabienne

09:15 - 10:10

BBP (Bauch,
Beine, Po) /
Bodytone
Fabienne

12:15 - 13:10

Pump
Manuela

18:00 - 18:55

BBP (Bauch,
Beine, Po) /
Bodytone
Sabina

19:00 - 19:55

Pilates
Eva

20:00 - 20:55

Zumba
Sabina

Jeudi , 23.01

09:30 - 10:25

Yoga
Alexandra

18:00 - 18:30

P.I.I.T
Laura

18:30 - 18:55

Simply Core
Laura

19:10 - 20:05

Pump
Laura

Vendredi , 24.01

09:15 - 10:10

BBP (Bauch, Beine, Po) /
Bodytone
Fabienne

10:15 - 10:45

Simply Core
Fabienne

12:15 - 12:55

Pump
Laura

Samedi , 25.01

09:00 - 09:55

BBP (Bauch, Beine, Po) /
Bodytone
Laura

Dimanche , 26.01

09:00 - 09:55

Pump
Laura

10:00 - 10:30

Simply Core
Laura