

Lundi , 12.12

09:00 - 09:55

BBP (Bauch,
Beine, Po) /
Bodytone
Alexandra

10:00 - 10:55

Yoga
Alexandra

12:15 - 12:45

P.I.I.T
Stéphanie

18:00 - 18:55

BBP (Bauch,
Beine, Po) /
Bodytone
Barbara

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Reto

Mardi , 13.12

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Michaela

17:30 - 17:55

P.I.I.T
Linda

18:10 - 19:05

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mercredi , 14.12

09:30 - 10:00

Senioren Cycling
Alexandra

10:05 - 11:00

Rückengymnastik
Alexandra

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone
Katja

19:00 - 19:55

Cycling
Gilles

Jeudi , 15.12

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Eva

18:00 - 18:55

Pump
Tatjana

19:05 - 20:00

Fitboxe
Andrej

Vendredi , 16.12

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samedi , 17.12

09:30 - 10:25

Yoga
Michaela

Dimanche , 18.12

09:30 - 10:25

Pump
Morena