

Lundi , 19.12

09:00 - 09:55

Fighttime 55'
Arlette

10:00 - 10:55

Yoga
Beatrice

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
Beatrice

Mardi , 20.12

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Michaela

17:30 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Fitboxe
Judith

19:00 - 19:55

Pump
Sandra

Mercredi , 21.12

09:30 - 10:00

Senioren Cycling
Yves

10:05 - 11:00

Rückengymnastik
Liz

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Katja

19:00 - 19:55

Cycling
Yves

Jeudi , 22.12

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Sarah

18:00 - 18:55

Pump
Tatjana

19:05 - 20:00

Fitboxe
Andrej

Vendredi , 23.12

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samedi , 24.12

Dimanche , 25.12