

Lundi , 26.12

Mardi , 27.12

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Liliya

17:30 - 18:00

P.I.I.T
Linda

18:00 - 18:55

Fitboxe
Judith

19:15 - 20:10

Pump
Sandra

Mercredi , 28.12

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 , 29.12

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Yoga
Liliya

18:00 - 18:55

Pump
Sandra

19:05 - 20:00

Fitboxe
Andrej

Vendredi , 30.12

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Sandra

Samedi , 31.12

09:00 - 09:50

Yoga Special
Beatrice

10:00 - 10:35

P.I.I.T Special
Linda

10:45 - 11:40

Fitboxe Special
Nicole

Dimanche , 01.01