

Lundi , 02.01

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

19:00 - 19:55

Zumba
 Andrea

20:00 - 20:55

Power Yoga
 Beatrice

Mardi , 03.01

09:00 - 09:55

Zumba Gold
 Petra

10:00 - 10:55

Power Yoga
 Liliya

17:30 - 17:55

P.I.I.T
 Linda

18:00 - 18:55

Kick Power
 Nicole

19:00 - 19:55

Pump
 Sandra

Mercredi , 04.01

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
 Yves

Jeudi , 05.01

06:30 - 07:25

Yoga
 Nina

09:30 - 10:25

Pilates
 Eva

18:00 - 18:55

Pump
 Nicole

19:05 - 20:00

Fitboxe
 Andrej

Vendredi , 06.01

10:00 - 10:55

Rückengymnastik
 Liz

12:05 - 13:00

Pump
 Sandra

19:00 - 19:55

Pilates
 Monika

Samedi , 07.01

09:30 - 10:25

Yoga
 Beatrice

Dimanche , 08.01

09:30 - 10:25

Pump
 Nicole