

Lundi , 16.01

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

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Kerstin

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Beatrice

Mardi , 17.01

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Michaela

17:30 - 17:55

P.I.I.T
Angela

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mercredi , 18.01

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 , 19.01

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Nicola

18:00 - 18:55

Pump
Nicole

19:00 - 19:55

Fitboxe
Andrej

Vendredi , 20.01

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samedi , 21.01

09:30 - 10:25

Yoga
Nina

Dimanche , 22.01

09:30 - 10:25

Pump
Katja