

Lundi , 23.12

09:00 - 09:55

*BBP (Bauch,
Beine, Po) /
Bodytone*
Alexandra

10:00 - 10:55

Yoga
Alexandra

12:15 - 12:45

P.I.I.T
Linda

18:00 - 18:55

*BBP (Bauch,
Beine, Po) /
Bodytone*
Claudia

19:00 - 19:55

Zumba
Vanessa

20:00 - 20:55

Yoga
Tatjana

Mardi , 24.12

Mercredi , 25.12

Jeudi , 26.12

09:00 - 10:25

Pilates Special
Nicola

10:30 - 11:25

Fitboxe
Nicole

Vendredi , 27.12

09:00 - 09:55

Rückengymnastik
Nicola

10:00 - 10:55

Yoga
Nadine

12:15 - 13:10

Pump
Sandra

17:45 - 18:40

Cycling
Gilles

19:00 - 19:55

Pilates
Valentina

Samedi , 28.12

09:30 - 10:25

Yoga
Tatjana

Dimanche , 29.12

08:55 - 09:25

P.I.I.T
Sandra

09:30 - 10:25

Pump
Sandra