

Lundi , 30.12

09:00 - 09:55

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

10:00 - 10:55

Yoga
 Lisa

12:15 - 12:45

P.I.I.T
 Linda

18:00 - 18:55

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

19:00 - 19:55

Zumba
 Andrea

20:00 - 20:55

Yoga
 Tatjana

Mardi , 31.12

09:00 - 10:10

Pump meets P.i.i.t
 Katja

10:15 - 11:10

Yoga Special
 Katja

Mercredi , 01.01

Jeudi , 02.01

09:30 - 10:25

Pilates
 Valentina

18:00 - 18:55

Pump
 Nicole

19:05 - 20:00

Fitboxe
 Andrej

Vendredi , 03.01

09:00 - 09:55

Rückengymnastik
 Nicola

10:00 - 10:55

Yoga
 Asal

12:15 - 13:10

Pump
 Sandra

17:45 - 18:40

Cycling
 Yves

19:00 - 19:55

Pilates
 Eva

Samedi , 04.01

09:30 - 10:25

Yoga
 Beatrice

Dimanche , 05.01

08:55 - 09:25

P.I.I.T
 Nicole

09:30 - 10:25

Pump
 Nicole