

Lundi , 14.11

08:00 - 08:55

Pump
Manu

09:05 - 09:35

Pump i.t.
Manu

09:35 - 10:05

P.I.I.T
Manu

10:05 - 10:35

Fighttime 30'
Manu

12:00 - 12:55

Pump
Manu

18:00 - 18:55

Cycling
Patrick

19:00 - 19:55

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

Mardi , 15.11

18:00 - 18:55

Pilates
Vicky

19:05 - 20:00

Fitboxe
Rebecca

Mercredi , 16.11

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

18:00 - 18:55

Cycling
Ruedi

18:00 - 18:55

Cycling
Ruedi

19:05 - 20:00

Pump
Erika

Jeudi , 17.11

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Vendredi , 18.11

09:00 - 09:55

Rückengymnastik
Manu

10:05 - 11:00

Pump
Manu

17:30 - 18:25

Pump
Vicky

Samedi , 19.11

09:00 - 09:55

Pump
Erika

Dimanche , 20.11