

Lundi , 19.12

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 , 20.12

18:00 - 18:55

Pilates
Petra

19:05 - 20:00

Fitboxe
Irene

Mercredi , 21.12

08:00 - 08:55

Pump
Erika

09:05 - 10:00

Fitboxe
Rahel

18:00 - 18:55

Cycling
Ruedi

19:00 - 19:55

Pump
Erika

Jeudi , 22.12

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Vendredi , 23.12

08:00 - 08:55

Rückengymnastik
Monica

09:05 - 10:00

Pump
Erika

17:30 - 18:25

Pump
Vicky

Samedi , 24.12

Dimanche , 25.12