

Lundi , 23.01

08:00 - 08:55

Pump
 Vicky

09:05 - 09:35

Pump i.t.
 Vicky

09:35 - 10:05

P.I.I.T
 Vicky

12:00 - 12:55

Pump
 Vicky

18:00 - 18:55

Cycling
 Patrick

19:00 - 19:55

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

20:05 - 21:00

Yoga
 Franziska

Mardi , 24.01

09:00 - 09:55

Yoga
 Jeannette

18:00 - 18:55

Pilates
 Petra

19:05 - 20:00

Fitboxe
 Rebecca

Mercredi , 25.01

08:00 - 08:55

Pump
 Irene

09:05 - 10:00

Fitboxe
 Irene

18:00 - 18:55

Cycling
 Ruedi

19:05 - 20:00

Pump
 Erika

Jeudi , 26.01

18:00 - 18:55

Pilates
 Monica

19:00 - 19:55

Functional Workout
 Monica

Vendredi , 27.01

09:00 - 09:55

Rückengymnastik
 Monica

10:05 - 11:00

Pump
 Erika

17:30 - 18:25

Pump
 Erika

Samedi , 28.01

09:00 - 09:55

Pump
 Erika

Dimanche , 29.01