

Lundi , 20.02

08:00 - 08:55

Pump
Manu

09:05 - 10:00

*Functional
Workout*
Manu

10:00 - 10:30

Simply Core
Manu

12:00 - 12:55

Pump
Manu

18:00 - 18:55

Cycling
Patrick

19:00 - 19:55

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

20:05 - 21:00

Yoga
Franziska

Mardi , 21.02

09:00 - 09:55

Yoga
Jeannette

19:05 - 20:00

Fitboxe
Rebecca

Mercredi , 22.02

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

18:00 - 18:55

Cycling
Ruedi

19:00 - 19:55

Pump
Erika

Jeudi , 23.02

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Vendredi , 24.02

08:00 - 08:55

Rückengymnastik
Manu

09:05 - 10:00

Pump
Manu

17:30 - 18:25

Pump
Erika

Samedi , 25.02

09:00 - 09:55

Pilates
Monica

Dimanche , 26.02