

Lundi , 06.03

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 , 07.03

09:00 - 09:55

Yoga
 Jeannette

Mercredi , 08.03

08:00 - 08:55

Pump
 Manu

09:05 - 10:00

Fitboxe
 Manu

10:05 - 11:00

Pilates
 Manu

18:00 - 18:55

Cycling
 Ruedi

19:00 - 19:55

Pump
 Erika

Jeudi , 09.03

18:00 - 18:55

Pilates
 Monica

19:00 - 19:55

Functional Workout
 Monica

Vendredi , 10.03

08:00 - 08:55

Rückengymnastik
 Manu

09:05 - 10:00

Pump
 Manu

17:30 - 18:25

Pump
 Erika

Samedi , 11.03

09:00 - 09:55

Pump
 Erika

Dimanche , 12.03