

Lundi , 01.05

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Functional Workout
Manu

10:05 - 10:35

Simply Core
Manu

12:00 - 12:55

Pump
Manu

Mardi , 02.05

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Carmen

Mercredi , 03.05

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Fitboxe
Manu

10:05 - 11:00

Pilates
Manu

18:00 - 18:55

Cycling
Ruedi

19:05 - 20:00

Pump
Erika

Jeudi , 04.05

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Vendredi , 05.05

09:00 - 09:55

Rückengymnastik
Erika

10:05 - 11:00

Pump
Erika

17:30 - 18:25

Pump
Erika

Samedi , 06.05

09:00 - 09:55

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

Dimanche , 07.05