

Lundi , 05.12

08:00 - 08:55

Spiralkraft
Monika

09:10 - 10:05

Dance Step
Christina

09:15 - 09:45

Senioren Cycling
Daniela

18:00 - 18:55

Pump
Sandra

19:00 - 19:55

Kick Power
Irene

19:00 - 19:55

Cycling
Ralph

20:10 - 21:05

Pilates
Monika

Mardi , 06.12

09:10 - 09:40

P.I.I.T
Irene

09:40 - 10:10

BBP Special
Irene

10:35 - 11:30

Rückengym Physio
Miriam

18:00 - 18:55

Spiralkraft
Monika

19:00 - 19:55

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

20:00 - 20:55

Zumba
Angela

Mercredi , 07.12

09:10 - 10:05

Zumba
Miriam

10:10 - 11:05

Pilates
Vasiliki

18:00 - 18:55

Fitboxe
Irene

19:00 - 19:55

Pump
Irene

20:10 - 21:05

Yoga
Nadine

Jeudi , 08.12

09:10 - 10:05

Pump
Alisha

10:20 - 11:15

Spiralkraft
Monika

18:00 - 18:55

Rückengym Physio
Miriam

19:00 - 19:30

P.I.I.T
Vivienne

19:35 - 20:05

Simply Core
Vivienne

20:10 - 21:05

Pilates
Monika

Vendredi , 09.12

09:10 - 09:40

P.I.I.T
Katja

09:50 - 10:45

Yoga
Katja

19:15 - 20:10

Yoga
Nina

Samedi , 10.12

Dimanche , 11.12

09:00 - 09:55

Cycling
Ruedi

10:00 - 10:55

Zumba
Diana