

Lundi , 12.12

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

20:10 - 21:05

Pilates
Monika

Mardi , 13.12

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 , 14.12

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
Monica

Jeudi , 15.12

10:20 - 11:15

Spiralkraft
Monika

18:00 - 18:55

Rückengym Physio
Miriam

19:00 - 19:30

P.I.I.T
Irene

19:30 - 20:00

BBP (Bauch, Beine, Po) / Bodytone
Irene

20:10 - 21:05

Pilates
Monika

Vendredi , 16.12

19:15 - 20:10

Yoga
Nina

Samedi , 17.12

Dimanche , 18.12

09:00 - 09:55

Cycling
Gilles

10:00 - 10:55

Zumba
Angela