

Lundi , 30.01

08:00 - 08:55

Yoga
Nina

09:15 - 10:10

Dance Step
Christina

09:15 - 09:45

Senioren Cycling
Daniela

17:50 - 18:45

Pump
Sandra

19:00 - 19:55

Cycling
Ralph

20:10 - 21:05

Pilates
Monika

Mardi , 31.01

09:10 - 09:40

P.I.I.T
Vivienne

09:40 - 10:10

BBP Special
Vivienne

18:00 - 18:55

Spiralkraft
Monika

19:00 - 19:55

BBP (Bauch, Beine, Po) / Bodytone
Monika

20:10 - 21:05

Zumba
Andrea

Mercredi , 01.02

09:10 - 10:05

Zumba
Miriam

10:10 - 11:05

Pilates
Vasiliki

19:00 - 19:55

Pump
Sandra

20:10 - 21:05

Yoga
Nadine

Jeudi , 02.02

09:10 - 10:05

Pump
Claudia

10:20 - 11:15

Spiralkraft
Monika

19:00 - 19:30

P.I.I.T
Vivienne

19:35 - 20:05

Simply Core
Vivienne

20:10 - 21:05

Pilates
Monika

Vendredi , 03.02

09:15 - 09:45

P.I.I.T
Katja

09:50 - 10:45

Yoga
Katja

19:15 - 20:05

Yoga
Nina

Samedi , 04.02

Dimanche , 05.02

09:00 - 09:55

Cycling
Gilles

10:00 - 10:55

Zumba
Andrea