

Montag , 30.12

09:15 - 10:10

Pilates
Astrid

18:15 - 18:45

P.I.I.T
Claude

19:00 - 19:55

Cycling
Roman

19:00 - 19:55

Pump
Jasmin

20:05 - 21:00

Rückenfit
Claudia

Dienstag , 31.12

Mittwoch , 01.01

Donnerstag , 02.01

09:00 - 09:55

Powerstep
Andrea

10:00 - 10:55

Yoga
Nevin

18:00 - 18:55

Zumba
Chiara

19:05 - 20:00

Fitboxe
Sandy

Freitag , 03.01

08:30 - 09:25

Yoga
Nadine

09:30 - 10:25

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

Samstag , 04.01

Sonntag , 05.01