

Montag , 06.01

09:15 - 10:10

Pilates
 Astrid

18:15 - 18:45

P.I.I.T
 Claude

19:00 - 19:55

Cycling
 Yves

19:00 - 19:55

Pump
 Jasmin

20:05 - 21:00

Rückenfit
 Claudia

Dienstag , 07.01

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
 Andrea

10:00 - 10:55

Deep Stretch
 Andrea

12:15 - 12:45

P.I.I.T
 Claude

19:00 - 19:55

Fitboxe
 Arlette

20:00 - 20:55

Power Yoga
 Klaudia

Mittwoch , 08.01

08:30 - 09:25

Pilates
 Andrea

09:35 - 10:30

Pump
 Sandy

18:30 - 19:25

Pump
 Sandy

19:00 - 20:30

Cycling
 Tanya

Donnerstag , 09.01

09:00 - 09:55

Powerstep
 Petra

10:00 - 10:55

Yoga
 Nevin

18:00 - 18:55

Zumba
 Petra

19:05 - 20:00

Fitboxe
 Sandy

20:15 - 21:10

Cycling
 Yves

Freitag , 10.01

08:30 - 09:25

Yoga
 Nadine

09:30 - 10:25

BBP (Bauch, Beine, Po) / Bodytone
 Diana

Samstag , 11.01

Sonntag , 12.01