

Montag , 06.01

12:15 - 12:45

P.I.I.T
Melanie

18:10 - 19:05

Pump
Saskia

19:15 - 20:10

Functional Workout
Saskia

Dienstag , 07.01

09:00 - 09:55

Yoga
Laura

10:10 - 11:05

Zumba
Felicia

12:10 - 13:05

Muscle Work
Graziella

18:00 - 18:55

Pilates
Geneviève

19:05 - 20:00

Functional Workout
Vanessa

Mittwoch , 08.01

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Melanie

09:50 - 10:45

Rückenfit
Sonja

18:00 - 18:55

Step Intervall
Fabienne

19:05 - 20:00

Yoga
Fabienne

Donnerstag , 09.01

09:30 - 10:25

Pilates
Geneviève

12:15 - 12:45

Upcon
Melanie

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Natalie

19:05 - 20:00

Pump
Cristian

20:10 - 21:05

Zumba
Felicia

Freitag , 10.01

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Graziella

Samstag , 11.01

09:30 - 10:25

Step'n Tone
Nicole

Sonntag , 12.01

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Natalie