

Montag , 30.01

08:00 - 08:55

Pump
Vicky

09:05 - 09:35

Pump i.t.
Vicky

09:35 - 10:05

P.I.I.T
Vicky

12:00 - 12:55

Pump
Vicky

18:00 - 18:55

Cycling
Ruedi

19:00 - 19:55

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

20:05 - 21:00

Yoga
Franziska

Dienstag , 31.01

09:00 - 09:55

Yoga
Jeannette

19:05 - 20:00

Fitboxe
Rebecca

Mittwoch , 01.02

08:00 - 08:55

Pump
Erika

18:00 - 18:55

Cycling
Ruedi

19:05 - 20:00

Pump
Erika

Donnerstag , 02.02

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Freitag , 03.02

09:00 - 09:55

Rückengymnastik
Monica

10:05 - 11:00

Pump
Erika

17:30 - 18:25

Pump
Erika

Samstag , 04.02

09:00 - 09:55

Yoga
Jeannette

Sonntag , 05.02