

Montag , 05.02

09:15 - 10:10

Full Body Workout
Nicole

18:00 - 18:30

P.I.I.T
Myrta

18:35 - 19:05

Simply Core
Myrta

Dienstag , 06.02

09:15 - 10:10

Pilates
Dominique

19:00 - 19:55

Cycling
Patrik

19:00 - 19:55

Full Body Workout
Nicole

Mittwoch , 07.02

09:15 - 09:45

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

09:50 - 10:20

P.I.I.T
Nicole

19:00 - 19:55

Pump
Jacqueline

Donnerstag , 08.02

09:15 - 10:10

Yoga
Fabienne

18:00 - 18:55

Zumba
Andrea

18:30 - 19:25

Cycling
Patrik

19:30 - 20:25

Pilates
Dominique

Freitag , 09.02

08:15 - 09:10

Pump
Corina

Samstag , 10.02

Sonntag , 11.02