

Lundi , 06.01

09:05 - 10:00

Pilates
Melanie

10:10 - 11:05

Pilates
Melanie

18:00 - 18:55

TRX
Marc

20:05 - 21:00

TRX
Marc

Mardi , 07.01

18:00 - 18:55

Pilates
Claudia

19:30 - 20:25

Pump
Nicole

Mercredi , 08.01

09:15 - 10:10

TRX
Marc

18:45 - 19:40

Sypoba BodyBalance
Beat

Jeudi , 09.01

09:05 - 10:00

Pilates
Cordelia

10:10 - 11:05

Pilates
Cordelia

18:40 - 19:35

TRX
Adam

19:50 - 20:45

TRX
Adam

Vendredi , 10.01

09:15 - 10:10

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

Samedi , 11.01

09:30 - 10:25

Pump
Nicole

Dimanche , 12.01