

Lundi , 15.01

09:00 - 09:55 Herzgruppe Andrea	09:15 - 10:10 Pilates Cynthia	10:30 - 11:25 Physio Fit Team	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 BBP (Bauch, Beine, Po) / Bodytone Petra	18:00 - 18:55 Functional Workout Lorna	18:00 - 18:55 Yoga Regine	19:00 - 19:55 Herzgruppe Fabienne
--	--	--	--	--	--	--	--

Mardi , 16.01

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 Cycling Roberto	14:00 - 14:55 Herzgruppe Andrea	18:00 - 18:55 Cycling Petra	19:00 - 19:55 TRX Jerom	19:15 - 20:00 Pilates Ines
--	--	--	--	--	--	--------------------------------------	---

Mercredi , 17.01

09:10 - 10:05 Yoga Laura	12:15 - 13:00 Pump Bärbel	18:00 - 18:55 Functional Workout Raphael
---------------------------------------	--	---

Jeudi , 18.01

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 TRX David	14:00 - 14:55 Herzgruppe Andrea
--	--	--	--------------------------------------	--

Vendredi , 19.01

10:00 - 10:45 Fit Gym Petra	12:15 - 13:00 Pump Nicolle	18:00 - 18:55 Functional Workout Raphael
--	---	---

Samedi , 20.01

09:30 - 10:25 Zumba Idalmis	10:00 - 10:55 Functional Workout Lorna	10:45 - 11:40 Yoga Ines
--	---	--------------------------------------

Dimanche , 21.01

09:30 - 10:25 Cycling Manuel	10:45 - 11:40 Pump Jacqueline
---	--