

Lundi , 25.12

10:00 - 10:55

P.I.I.T Special
Team

Mardi , 26.12

Mercredi , 27.12

08:20 - 08:50

Core Training
Jenny

09:00 - 10:00

Pump Workout
Jenny

10:10 - 11:10

Sicher gehen
Brigitte

12:15 - 13:05

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

18:00 - 19:00

Pump Workout
Simone

19:10 - 20:10

Pilates
Isabelle

Jeudi , 28.12

09:10 - 10:15

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

10:20 - 11:20

Cycling
Sandra

12:15 - 12:45

P.I.I.T
Daniela

18:00 - 19:00

TRX
Simone

19:10 - 20:10

Cycling
Simone

Vendredi , 29.12

08:45 - 09:45

Pump Workout
Jenny

09:55 - 10:55

Rückenfit
Simone

12:15 - 13:15

Pump Workout
Simone

17:00 - 18:00

Yoga
Jenny

Samedi , 30.12

09:15 - 10:15

Pilates
Isabelle

10:30 - 11:30

Cycling
Barbara

Dimanche , 31.12

10:00 - 11:00

Zumba
Nicholay

11:15 - 12:45

Cycling
Simone