

Lundi , 19.12

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Andrea

18:05 - 19:00

Pilates
Astrid

19:15 - 20:10

Zumba
Petra

20:25 - 21:20

Pump
Andreas

Mardi , 20.12

09:10 - 10:05

Pump
Ursi

10:15 - 11:10

Cycling
Tanya

12:10 - 13:05

Cycling
Antonietta

18:00 - 18:30

P.I.I.T
Claude

19:00 - 19:55

BBP (Bauch, Beine, Po) / Bodytone
Angelika

20:05 - 21:00

Fitboxe
Angelika

Mercredi , 21.12

08:30 - 09:25

Cycling
Brigitta

09:35 - 10:30

Rückenfit
Claudia

17:50 - 18:45

Powerstep
Petra

19:00 - 19:55

Pump
Angelika

20:15 - 21:10

Yoga
Nevin

Jeudi , 22.12

09:30 - 10:25

Zumba
Marion

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Andrea

19:10 - 20:05

Fighttime 55'
Karin

Vendredi , 23.12

08:30 - 09:25

Over 50
Monika

09:35 - 10:30

Pilates
Monika

12:15 - 12:45

P.I.I.T
Claude

17:50 - 18:45

Zumba
Petra

Samedi , 24.12

09:30 - 10:25

Yoga
Nevin

Dimanche , 25.12

10:30 - 11:25

Pump
Ursi