

Lundi , 26.12

10:00 - 11:30

Zumba Special
Petra

Mardi , 27.12

09:10 - 10:05

Pump
Ursi

10:15 - 11:10

Cycling
Ivo

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 , 28.12

08:30 - 09:25

Cycling
Antonietta

09:35 - 10:30

Rückenfit
Claudia

17:50 - 18:45

Powerstep
Susanne

19:00 - 19:55

Pump
Angelika

20:15 - 21:10

Yoga
Nevin

Jeudi , 29.12

09:30 - 10:25

Zumba
Marion

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Andrea

19:10 - 20:05

Fighttime 55'
Karin

Vendredi , 30.12

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
Andrea

Samedi , 31.12

09:30 - 10:25

Yoga
Nevin

Dimanche , 01.01

10:30 - 11:25

Pump
Ursi