

Lundi , 25.12

Mardi , 26.12

10:00 - 11:30

Pump Special
Team

Mercredi , 27.12

08:30 - 09:25

Cycling
Brigitta

09:35 - 10:30

Rückenfit
Claudia

17:50 - 18:45

Powerstep
Susanne

19:00 - 19:55

Pump
Kurt

20:05 - 21:00

Yoga
Nevin

Jeudi , 28.12

09:30 - 10:25

Zumba
Marion

18:00 - 18:55

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

19:00 - 19:55

Fitboxe
Karin

Vendredi , 29.12

08:30 - 09:25

Over 50
Silvana

09:35 - 10:30

Pilates
Silvana

12:15 - 12:45

P.I.I.T
Claude

17:50 - 18:45

Zumba
Diana Patricia

19:00 - 19:55

Cycling
Ivo

Samedi , 30.12

09:30 - 10:25

Yoga
Nevin

Dimanche , 31.12

09:10 - 10:05

Cycling
Brigitta

10:30 - 11:25

Pump
Ursi