

Lundi , 25.12

Mardi , 26.12

10:00 - 10:55

Upcon Special
Melanie

Mercredi , 27.12

09:00 - 09:55

Zumba
Deniz

10:10 - 11:05

Cycling
Carlo

19:00 - 19:55

Cycling
Petra

Jeudi , 28.12

09:00 - 09:55

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

10:10 - 11:05

Yoga
Fabienne

19:00 - 19:55

Cycling
Barbara

Vendredi , 29.12

08:50 - 09:20

P.I.I.T
Bianca

09:30 - 10:00

Simply Core
Bianca

10:10 - 11:05

Rückenfit
Isabelle

Samedi , 30.12

10:00 - 10:55

Zumba
Deniz

11:10 - 12:05

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

Dimanche , 31.12

10:00 - 10:55

Dance Aerobic / Dance Mix
Graziella