

Lundi , 30.12

09:00 - 09:55

Yoga
Laura

10:05 - 11:00

Upcon
Melanie

18:00 - 18:55

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

Mardi , 31.12

10:30 - 11:25

Step Aerobic
Graziella

Mercredi , 01.01

09:00 - 09:55

Zumba
Sibylle

Jeudi , 02.01

09:00 - 09:55

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

10:10 - 11:05

Yoga
Isabel

18:00 - 18:55

Power Yoga
Elissa

Vendredi , 03.01

08:50 - 09:20

P.I.I.T
Melanie

09:30 - 10:00

Simply Core
Melanie

10:10 - 11:05

Rückenfit
Isabel

Samedi , 04.01

10:00 - 10:55

Zumba
Aaron Noah

11:10 - 12:05

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

Dimanche , 05.01

09:30 - 10:25

Cycling
Manuel

10:40 - 11:35

Dance Aerobic / Dance Mix
Graziella