

Lundi , 30.12

09:10 - 10:05

Pilates
Isabelle

10:10 - 10:55

Fitboxe
Isabel

17:15 - 17:45

P.I.I.T
Daniela

17:55 - 18:50

Step'n Tone
Daniela

19:00 - 19:55

Zumba
Deniz

20:05 - 21:00

Yoga
Sabrina

Mardi , 31.12

10:00 - 10:55

Functional Workout Special
Luana

Mercredi , 01.01

Jeudi , 02.01

09:10 - 10:05

Pump
Isabel

18:00 - 18:55

Pump
Bianca

19:00 - 19:55

Fighttime 55'
Bianca

Vendredi , 03.01

09:10 - 10:05

Functional Workout
Sabrina

18:00 - 18:55

Step'n Tone
Graziella

Samedi , 04.01

09:10 - 10:05

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

10:15 - 11:10

Upcon
Daniela

Dimanche , 05.01

10:00 - 10:55

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