

Lundi , 01.01

10:00 - 10:55

Pilates Special
Marlene

Mardi , 02.01

10:00 - 10:55

Pump
Michael

Mercredi , 03.01

08:30 - 09:25

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

09:30 - 10:25

Pilates
Vicky

18:00 - 18:55

Pilates
Michael

Jeudi , 04.01

09:00 - 09:55

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

10:00 - 10:55

Pilates
Marlene

18:00 - 18:55

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

18:45 - 19:15

P.I.I.T
Mariella

Vendredi , 05.01

10:00 - 10:55

Rückenfit
Jeannette

17:30 - 18:25

Pump
Michael

Samedi , 06.01

09:30 - 10:00

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

10:15 - 11:45

Yoga
Jeannette

Dimanche , 07.01

09:15 - 10:10

Pilates
Marlene

10:30 - 11:00

P.I.I.T
Mariella

11:15 - 12:10

Zumba
Uriel