

Lundi , 02.01

Mardi , 03.01

09:00 - 09:55 <i>Yoga</i> Jeannette	18:00 - 18:55 <i>Pilates</i> Petra	19:05 - 20:00 <i>Fitboxe</i> Rebecca
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Mercredi , 04.01

08:00 - 08:55 <i>Pump</i> Erika	09:05 - 10:00 <i>Fitboxe</i> Rahel	18:00 - 18:55 <i>Cycling</i> Ruedi	19:00 - 19:55 <i>Pump</i> Erika
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Jeudi , 05.01

18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Functional Workout</i> Monica
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Vendredi , 06.01

08:00 - 08:55 <i>Rückengymnastik</i> Monica	09:05 - 10:00 <i>Pump</i> Erika	17:30 - 18:25 <i>Pump</i> Vicky
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Samedi , 07.01

09:00 - 09:55 <i>Functional Workout</i> Monica

Dimanche , 08.01