

Lundi , 01.01

Mardi , 02.01

19:00 - 19:30

P.I.I.T

Carmen

Mercredi , 03.01

08:00 - 08:55

Pump

Manu

09:05 - 10:00

Fitboxe

Manu

10:05 - 11:00

Pilates

Manu

18:00 - 18:55

Cycling

Ruedi

19:00 - 19:55

Pump

Erika

Jeudi , 04.01

18:00 - 18:55

Pilates

Monica

19:00 - 19:55

Functional Workout

Monica

Vendredi , 05.01

08:00 - 08:55

Rückengymnastik

Manu

09:05 - 10:00

Pump

Manu

17:30 - 18:25

Pump

Erika

Samedi , 06.01

09:00 - 09:55

Pump

Erika

Dimanche , 07.01

09:00 - 09:55

Cycling

Ruedi