

Lundi , 25.11

08:00 - 08:55

Pump
Manu

09:05 - 10:00

Functional Workout
Manu

10:00 - 10:30

Simply Core
Manu

12:00 - 12:55

Pump
Manu

18:00 - 18:55

Cycling
Patrick

19:00 - 19:55

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

Mardi , 26.11

09:00 - 09:55

Yoga
Jeannette

19:00 - 19:30

P.I.I.T
Carmen

Mercredi , 27.11

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 , 28.11

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Power Yoga
Monica

Vendredi , 29.11

08:00 - 08:55

Rückengymnastik
Manu

09:05 - 10:00

Pump
Manu

17:30 - 18:25

Pump
Melanie

Samedi , 30.11

09:00 - 09:55

Pump
Team

10:00 - 10:30

Simply Core
Team

Dimanche , 01.12

09:00 - 09:55

Cycling
Ruedi