

Lundi , 23.12

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 , 24.12

Mercredi , 25.12

Jeudi , 26.12

Vendredi , 27.12

08:00 - 08:55

Rückengymnastik
Manu

09:05 - 10:00

Pump
Manu

17:30 - 18:25

Pump
Melanie

Samedi , 28.12

09:00 - 09:55

Pump
Melanie

10:00 - 10:30

Simply Core
Team

Dimanche , 29.12

09:00 - 09:55

Cycling
Ruedi