

Lundi , 26.12

Mardi , 27.12

09:10 - 10:05

MC (Mental Centering)
Matthias

18:10 - 18:40

P.I.I.T
Marlis

18:50 - 19:45

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

Mercredi , 28.12

08:00 - 08:55

Pilates
Monika

09:00 - 09:55

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

18:50 - 19:45

*Dance Aerobic / Dance
Mix*
Patrick Juvet

20:00 - 20:55

Yoga
Liliya

Jeudi , 29.12

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

Pump
Morena

19:10 - 20:05

Fighttime 55'
Maria

Vendredi , 30.12

09:00 - 09:55

Pump
Sandy

10:05 - 11:00

Yoga
Franziska

Samedi , 31.12

Dimanche , 01.01