

Lundi , 18.12

08:30 - 09:25

Yoga
Lisa

09:45 - 10:40

Pilates
Monika

18:20 - 19:15

Pump
Marlis

19:30 - 20:25

Yoga
Seraina

Mardi , 19.12

09:10 - 10:05

MC (Mental Centering)
Matthias

18:05 - 18:35

P.I.I.T
Ajla

18:50 - 19:45

BBP (Bauch, Beine, Po) /
Bodytone
Renata

Mercredi , 20.12

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
Silvana

Jeudi , 21.12

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

Pump
Adriana

Vendredi , 22.12

09:00 - 09:55

Pump
Ajla

10:05 - 11:00

Yoga
Michaela

Samedi , 23.12

Dimanche , 24.12