

Lundi , 25.12

09:30 - 11:00

Christmas Special
Marlis

Mardi , 26.12

Mercredi , 27.12

08:00 - 08:55

Pilates
Silvana

09:00 - 09:55

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

18:50 - 19:45

*Dance Aerobic / Dance
Mix*
Patrick Juvet

20:00 - 20:55

Yoga
Silvana

Jeudi , 28.12

08:30 - 09:25

Rückengymnastik
Liz

09:35 - 10:30

Pump
Adriana

Vendredi , 29.12

09:00 - 09:55

Pump
Ajla

10:05 - 11:00

Yoga
Dinah

Samedi , 30.12

Dimanche , 31.12