

Montag , 23.12

09:15 - 10:10

Pilates
Astrid

18:15 - 18:45

P.I.I.T
Claude

19:00 - 19:55

Pump
Jasmin

19:00 - 19:55

Cycling
Yves

20:05 - 21:00

Rückenfit
Claudia

Dienstag , 24.12

Mittwoch , 25.12

Donnerstag , 26.12

Freitag , 27.12

08:30 - 09:25

Yoga
Nadine

09:30 - 10:25

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

Samstag , 28.12

Sonntag , 29.12