

Montag , 02.01

09:15 - 10:10 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Andrea	18:05 - 19:00 <i>Pilates</i> Astrid	19:15 - 20:10 <i>Zumba</i> Uriel	20:25 - 21:20 <i>Pump</i> Andreas
--	--	---	--

Dienstag , 03.01

09:10 - 10:05 <i>Pump</i> Ursi	10:15 - 11:10 <i>Cycling</i> Tanya	12:10 - 13:05 <i>Cycling</i> Walter	18:00 - 18:30 <i>P.I.I.T</i> Claude	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Patricia	20:00 - 20:55 <i>Fitboxe</i> Petra
---	---	--	--	--	---

Mittwoch , 04.01

08:30 - 09:25 <i>Cycling</i> Brigitta	09:35 - 10:30 <i>Rückenfit</i> Cordelia	17:50 - 18:45 <i>Powerstep</i> Petra	19:00 - 19:55 <i>Pump</i> Ursi	20:15 - 21:05 <i>Yoga</i> Nevin
--	--	---	---	--

Donnerstag , 05.01

09:30 - 10:25 <i>Zumba</i> Marion	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Andrea	19:00 - 19:55 <i>Fitboxe</i> Karin
--	--	---

Freitag , 06.01

08:30 - 09:25 <i>Over 50</i> Silvana	09:35 - 10:30 <i>Pilates</i> Silvana	12:15 - 12:45 <i>P.I.I.T</i> Claude	17:50 - 18:45 <i>Zumba</i> Petra
---	---	--	---

Samstag , 07.01

09:30 - 10:25 <i>Yoga</i> Nevin
--

Sonntag , 08.01

10:30 - 11:25 <i>Pump</i> Andreas
--