

Montag , 02.01

Dienstag , 03.01

09:00 - 09:55

Yoga
Jeannette

18:00 - 18:55

Pilates
Petra

19:05 - 20:00

Fitboxe
Rebecca

Mittwoch , 04.01

08:00 - 08:55

Pump
Erika

09:05 - 10:00

Fitboxe
Rahel

18:00 - 18:55

Cycling
Ruedi

19:00 - 19:55

Pump
Erika

Donnerstag , 05.01

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Freitag , 06.01

08:00 - 08:55

Rückengymnastik
Monica

09:05 - 10:00

Pump
Erika

17:30 - 18:25

Pump
Vicky

Samstag , 07.01

09:00 - 09:55

Functional Workout
Monica

Sonntag , 08.01