

Montag , 16.01

08:00 - 08:55 <i>Pump</i> Vicky	09:05 - 09:35 <i>Pump i.t.</i> Vicky	09:35 - 10:05 <i>P.I.I.T</i> Vicky	12:00 - 12:55 <i>Pump</i> Vicky	18:00 - 18:55 <i>Cycling</i> Patrick	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica	20:05 - 21:00 <i>Yoga</i> Franziska
--	---	---	--	---	--	--

Dienstag , 17.01

09:00 - 09:55 <i>Yoga</i> Jeannette	18:00 - 18:55 <i>Pilates</i> Petra	19:05 - 20:00 <i>Fitboxe</i> Rebecca
--	---	---

Mittwoch , 18.01

08:00 - 08:55 <i>Pump</i> Irene	09:05 - 10:00 <i>Fitboxe</i> Irene	18:00 - 18:55 <i>Cycling</i> Ruedi	19:05 - 20:00 <i>Pump</i> Erika
--	---	---	--

Donnerstag , 19.01

18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Functional Workout</i> Monica
--	---

Freitag , 20.01

09:00 - 09:55 <i>Rückengymnastik</i> Monica	10:05 - 11:00 <i>Pump</i> Erika	17:30 - 18:25 <i>Pump</i> Erika
--	--	--

Samstag , 21.01

09:00 - 09:55 <i>Pump</i> Erika
--

Sonntag , 22.01