

Montag , 30.01

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> Ruedi	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica	20:05 - 21:00 <i>Yoga</i> Franziska
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Dienstag , 31.01

09:00 - 09:55 <i>Yoga</i> Jeannette	19:05 - 20:00 <i>Fitboxe</i> Rebecca
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Mittwoch , 01.02

08:00 - 08:55 <i>Pump</i> Erika	18:00 - 18:55 <i>Cycling</i> Ruedi	19:05 - 20:00 <i>Pump</i> Erika
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Donnerstag , 02.02

18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Functional Workout</i> Monica
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Freitag , 03.02

09:00 - 09:55 <i>Rückengymnastik</i> Monica	10:05 - 11:00 <i>Pump</i> Erika	17:30 - 18:25 <i>Pump</i> Erika
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Samstag , 04.02

09:00 - 09:55 <i>Yoga</i> Jeannette
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Sonntag , 05.02