

Montag , 30.12

08:00 - 08:55 <i>Pump</i> Melanie	09:05 - 10:00 <i>Functional Workout</i> Melanie	12:00 - 12:55 <i>Pump</i> Melanie	18:00 - 18:55 <i>Cycling</i> Ruedi	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica
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Dienstag , 31.12

Mittwoch , 01.01

Donnerstag , 02.01

09:30 - 11:30 <i>Pump meets P.i.i.t</i> Manu

Freitag , 03.01

08:00 - 08:55 <i>Rückengymnastik</i> Manu	09:05 - 10:00 <i>Pump</i> Manu	17:30 - 18:25 <i>Pump</i> Erika
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Samstag , 04.01

09:00 - 09:55 <i>Pump</i> Manu	10:00 - 10:30 <i>Simply Core</i> Manu
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Sonntag , 05.01

09:00 - 09:55 <i>Cycling</i> David
