

Lundi , 08.01

07:00 - 07:55

Yoga
Laura

12:15 - 12:45

P.I.I.T
Luana

17:15 - 18:00

Functional Workout
Bianca

18:00 - 18:55

Yoga
Neira

19:05 - 20:00

Pump
Cristian

Mardi , 09.01

12:15 - 13:00

Yoga
Laura

18:00 - 18:55

Kick Power
Isabelle

19:00 - 19:55

Zumba
Deniz

Mercredi , 10.01

12:15 - 13:00

BBP (Bauch, Beine, Po) / Bodytone
Flavia

17:15 - 18:10

Pilates
Isabelle

18:15 - 19:10

BBP (Bauch, Beine, Po) / Bodytone
Saskia

19:15 - 20:10

Pump
Saskia

Jeudi , 11.01

12:15 - 12:45

P.I.I.T
Bianca

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Saskia

19:00 - 19:55

Pump
Saskia

Vendredi , 12.01

12:15 - 13:00

BBP (Bauch, Beine, Po) / Bodytone
Naima

17:30 - 18:00

Simply Core
Dina

18:10 - 19:05

BBP (Bauch, Beine, Po) / Bodytone
Dina

Samedi , 13.01

Dimanche , 14.01

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Fabienne