

Lundi , 24.10

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Tiziana

19:05 - 20:00

Pilates
Tiziana

Mardi , 25.10

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Yvonne

Mercredi , 26.10

09:30 - 10:25

Rückenfit
Carmen

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Jeudi , 27.10

09:15 - 10:10

Pilates
Carmen

10:15 - 10:45

Upcon
Carmen

18:00 - 18:55

*BBP (Bauch, Beine,
Po) / Bodytone*
Sandra

19:05 - 20:00

Zumba
Chantal

Vendredi , 28.10

09:15 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samedi , 29.10

Dimanche , 30.10

10:00 - 10:55

Pump
Tiziana