

Lundi , 16.01

09:15 - 10:10

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

18:00 - 18:55

Pump
Sarina

19:05 - 20:00

Pilates
Andrea

Mardi , 17.01

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

Mercredi , 18.01

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

20:00 - 20:55

Functional Workout
Nicole

Jeudi , 19.01

08:30 - 09:00

Upcon
Carmen

18:00 - 18:55

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

19:05 - 20:00

Zumba
Chantal

Vendredi , 20.01

09:15 - 10:10

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samedi , 21.01

Dimanche , 22.01

10:00 - 10:55

Functional Workout
Nicole