

Lundi , 22.05

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Mardi , 23.05

09:15 - 10:10

Functional Workout
Tiziana

10:15 - 10:45

Stretching
Tiziana

18:00 - 18:55

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

Mercredi , 24.05

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

20:00 - 20:55

Functional Workout
Nicole

Jeudi , 25.05

09:15 - 10:10

Pilates
Team

10:15 - 10:45

Upcon
Olivia

18:00 - 18:55

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

19:05 - 20:00

Zumba
Chantal

Vendredi , 26.05

09:15 - 10:10

Functional Workout
Melanie

12:20 - 12:50

Simply Core
Yvonne

Samedi , 27.05

Dimanche , 28.05

10:00 - 10:55

Pump
Tiziana