

Lundi , 29.05

10:00 - 10:55

Pilates Special
Tiziana

Mardi , 30.05

09:15 - 10:10

Functional Workout
Tiziana

10:15 - 10:45

Stretching
Tiziana

18:00 - 18:55

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

Mercredi , 31.05

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 , 01.06

09:15 - 10:10

Pilates
Team

18:00 - 18:55

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

19:05 - 20:00

Zumba
Chantal

Vendredi , 02.06

09:15 - 10:10

Functional Workout
Tiziana

12:20 - 12:50

Simply Core
Yvonne

Samedi , 03.06

Dimanche , 04.06

10:00 - 10:55

Pump
Tiziana