

Lundi , 05.12

09:10 - 10:05

Pump
Arliiss

18:00 - 18:55

Pump
Kim

19:15 - 20:10

Fitboxe
Nicole

Mardi , 06.12

09:05 - 10:00

Yoga
Isabelle

18:00 - 18:55

Zumba
Diana

19:05 - 20:00

Power Yoga
Kim

Mercredi , 07.12

09:10 - 10:05

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

10:30 - 11:25

Spiralkraft
Monika

18:15 - 19:10

Pump
Kim

Jeudi , 08.12

09:05 - 10:00

Pilates
Vasiliki

18:00 - 18:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Nena Nevenka

19:00 - 19:55

Fitboxe
Sandy

Vendredi , 09.12

09:05 - 10:00

Zumba
Miriam

Samedi , 10.12

Dimanche , 11.12

08:30 - 09:25

Pump
Vicky

09:45 - 10:40

Pilates
Vicky