

Lundi , 31.10

08:00 - 08:55

Yoga
Nadine

09:15 - 09:45

P.I.I.T
Laura

09:55 - 10:50

Pump
Laura

17:55 - 18:50

Pump
Manuela

19:00 - 19:55

BBP (Bauch, Beine, Po) / Bodytone
Annina

Mardi , 01.11

Mercredi , 02.11

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Fabienne

17:55 - 18:50

BBP (Bauch, Beine, Po) / Bodytone
Manuela

19:00 - 19:55

Pilates
Monika

20:05 - 21:00

Zumba
Sabina

Jeudi , 03.11

09:30 - 10:25

Yoga
Alexandra

18:00 - 18:30

P.I.I.T
Laura

18:30 - 18:55

Simply Core
Laura

19:10 - 20:05

Pump
Laura

Vendredi , 04.11

09:15 - 10:10

BBP (Bauch, Beine, Po) / Bodytone
Manuela

12:00 - 12:55

Pump
Manu

Samedi , 05.11

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Laura

Dimanche , 06.11

10:00 - 10:30

Pump i.t.
Laura

10:35 - 11:05

Simply Core
Laura