

Lundi , 19.09

18:00 - 18:55

Pump
Sophie

19:05 - 19:35

P.I.I.T
Rahel

19:45 - 20:40

BBP (Bauch, Beine, Po) /
Bodytone
Rahel

Mardi , 20.09

18:00 - 18:55

Power Yoga
Rahel

19:05 - 20:00

Upcon
Sophie

Mercredi , 21.09

09:10 - 10:05

Pump
Barbara

10:15 - 10:45

Simply Core
Barbara

19:00 - 19:55

Pump
Barbara

Jeudi , 22.09

09:10 - 10:05

Functional Workout
Barbara

18:30 - 19:25

BBP (Bauch, Beine, Po) /
Bodytone
Monika

19:35 - 20:30

Pilates
Monika

Vendredi , 23.09

10:15 - 11:10

Pilates
Yvette

Samedi , 24.09

Dimanche , 25.09

09:10 - 10:05

Pump
Sophie