

Lundi , 28.11

18:00 - 18:55

Pump
Barbara

Mardi , 29.11

18:00 - 18:55

Power Yoga
Manuela

19:05 - 20:00

Upcon
Sophie

Mercredi , 30.11

09:10 - 10:05

Pump
Barbara

10:15 - 10:45

Simply Core
Barbara

18:20 - 18:50

Simply Core
Janine

19:00 - 19:55

Pump
Janine

Jeudi , 01.12

09:10 - 10:05

Functional Workout
Barbara

18:30 - 19:25

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

19:35 - 20:30

Pilates
Rahel

Vendredi , 02.12

10:15 - 11:10

Pilates
Yvette

Samedi , 03.12

Dimanche , 04.12

09:10 - 10:05

Pump
Sophie