

Lundi , 05.12

18:00 - 18:55

Pump
Sophie

19:05 - 19:35

P.I.I.T
Rahel

19:45 - 20:40

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

Mardi , 06.12

18:00 - 18:55

Power Yoga
Manuela

19:05 - 20:00

Upcon
Sophie

Mercredi , 07.12

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

18:20 - 18:50

Simply Core
Raphael

19:00 - 19:55

Pump
Barbara

Jeudi , 08.12

09:10 - 10:05

Functional Workout
Barbara

18:30 - 19:25

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

19:35 - 20:30

Pilates
Monika

Vendredi , 09.12

10:15 - 11:10

Pilates
Yvette

Samedi , 10.12

Dimanche , 11.12

09:10 - 10:05

Pump
Sandra