

Lundi , 16.01

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 , 17.01

18:00 - 18:55

Power Yoga
Manuela

19:05 - 20:00

Upcon
Sophie

Mercredi , 18.01

09:10 - 10:05

Pump
Barbara

10:15 - 10:45

Simply Core
Lydia

18:20 - 18:50

Simply Core
Rahel

19:00 - 19:55

Pump
Janine

Jeudi , 19.01

09:10 - 10:05

Functional Workout
Barbara

18:30 - 19:25

BBP (Bauch, Beine, Po) /
Bodytone
Monika

19:35 - 20:30

Pilates
Monika

Vendredi , 20.01

10:15 - 11:10

Pilates
Yvette

Samedi , 21.01

Dimanche , 22.01

09:10 - 10:05

Pump
Sophie