

Lundi , 04.09

09:10 - 09:40

Pump i.t.
Lydia

09:45 - 10:15

P.I.I.T
Lydia

18:00 - 18:55

Pump
Sophie

19:05 - 19:35

P.I.I.T
Sophie

Mardi , 05.09

18:00 - 18:55

Power Yoga
Manuela

Mercredi , 06.09

09:10 - 10:05

Pump
Barbara

10:05 - 10:35

Simply Core
Barbara

19:00 - 19:55

Pump
Janine

Jeudi , 07.09

09:10 - 10:05

Functional Workout
Barbara

18:30 - 19:25

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

19:35 - 20:30

Pilates
Monika

Vendredi , 08.09

10:15 - 11:10

Pilates
Yvette

Samedi , 09.09

Dimanche , 10.09

09:10 - 10:05

Pump
Sophie