

Lundi , 05.12

09:15 - 10:10

Full Body Workout
Nicole

18:00 - 18:30

P.I.I.T
Myrta

18:40 - 19:10

Simply Core
Myrta

20:00 - 20:55

Pump
Darina

Mardi , 06.12

06:45 - 07:40

Rückenfit
Tina

12:00 - 12:55

Yoga
Syrille

19:00 - 19:55

Full Body Workout
Nicole

Mercredi , 07.12

09:15 - 09:45

Pump i.t.
Corina

09:50 - 10:20

P.I.I.T
Corina

19:00 - 19:55

Pump
Alexandra

Jeudi , 08.12

Vendredi , 09.12

09:15 - 10:10

Pump
Corina

Samedi , 10.12

Dimanche , 11.12