

Lundi , 09.10

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
Jacqueline

Mardi , 10.10

09:15 - 10:10

Pilates
Dominique

19:00 - 19:55

Full Body Workout
Nicole

Mercredi , 11.10

09:15 - 09:45

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

09:50 - 10:20

P.I.I.T
Nicole

19:00 - 19:55

Pump
Jacqueline

Jeudi , 12.10

09:15 - 10:10

Yoga
Fabienne

12:15 - 13:10

Pump
Jacqueline

19:00 - 19:55

Pilates
Dominique

Vendredi , 13.10

08:15 - 09:10

Full Body Workout
Nicole

Samedi , 14.10

Dimanche , 15.10