

Lundi , 16.10

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
Darina

Mardi , 17.10

19:00 - 19:55

Full Body Workout
Nicole

Mercredi , 18.10

09:15 - 09:45

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

09:50 - 10:20

P.I.I.T
Nicole

19:00 - 19:55

Pump
Alexandra

Jeudi , 19.10

09:15 - 10:10

Yoga
Fabienne

12:15 - 13:10

Pump
Darina

18:00 - 18:55

Zumba
Andrea

19:00 - 19:55

Pilates
Dominique

Vendredi , 20.10

08:15 - 09:10

Pump
Corina

Samedi , 21.10

Dimanche , 22.10