

Lundi , 13.11

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 , 14.11

09:15 - 10:10

Pilates
Dominique

19:00 - 19:55

Full Body Workout
Nicole

19:00 - 19:55

Cycling
Patrik

Mercredi , 15.11

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 , 16.11

09:15 - 10:10

Yoga
Fabienne

18:00 - 18:55

Zumba
Andrea

19:00 - 19:55

Pilates
Dominique

Vendredi , 17.11

08:15 - 08:45

Simply Core
Myrta

08:50 - 09:20

P.I.I.T
Myrta

Samedi , 18.11

Dimanche , 19.11