

Lundi , 11.12

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 , 12.12

09:15 - 10:10

Pilates
Dominique

19:00 - 19:55

Full Body Workout
Nicole

19:00 - 19:55

Cycling
Patrik

Mercredi , 13.12

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 , 14.12

09:15 - 10:10

Yoga
Fabienne

12:15 - 13:10

Pump
Jacqueline

19:00 - 19:55

Pilates
Dominique

Vendredi , 15.12

08:15 - 09:10

Full Body Workout
Nicole

Samedi , 16.12

Dimanche , 17.12