

Lundi , 29.01

09:15 - 10:10

Full Body Workout
Nicole

18:00 - 18:30

P.I.I.T
Myrta

18:35 - 19:05

Simply Core
Myrta

20:00 - 20:55

Pump
Darina

Mardi , 30.01

09:15 - 10:10

Pilates
Dominique

19:00 - 19:55

Full Body Workout
Nicole

19:00 - 19:55

Cycling
Patrik

Mercredi , 31.01

09:15 - 09:45

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

09:50 - 10:20

P.I.I.T
Nicole

12:15 - 13:10

Pump
Darina

19:00 - 19:55

Pump
Alexandra

Jeudi , 01.02

09:15 - 10:10

Yoga
Fabienne

18:00 - 18:55

Zumba
Andrea

18:30 - 19:25

Cycling
Patrik

19:30 - 20:25

Pilates
Dominique

Vendredi , 02.02

08:15 - 09:10

Pump
Corina

Samedi , 03.02

Dimanche , 04.02