

Lundi , 12.02

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
Jacqueline

Mardi , 13.02

09:15 - 10:10

Pilates
Dominique

19:00 - 19:55

Full Body Workout
Nicole

19:00 - 19:55

Cycling
Patrik

Mercredi , 14.02

09:15 - 09:45

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

09:50 - 10:20

P.I.I.T
Nicole

12:15 - 13:10

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

19:00 - 19:55

Pump
Alexandra

Jeudi , 15.02

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 , 16.02

Samedi , 17.02

Dimanche , 18.02