

Lundi , 04.03

09:15 - 10:10

Full Body Workout
Nicole

18:00 - 18:55

Pump
Alexandra

20:00 - 20:55

Pump
Jacqueline

Mardi , 05.03

09:15 - 10:10

Pilates
Dominique

19:00 - 19:55

Cycling
Patrik

19:00 - 19:55

Full Body Workout
Nicole

Mercredi , 06.03

09:15 - 09:45

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

09:50 - 10:20

P.I.I.T
Nicole

12:15 - 12:45

P.I.I.T
Myrta

12:45 - 13:15

Simply Core
Myrta

19:00 - 19:55

Pump
Jacqueline

Jeudi , 07.03

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 , 08.03

08:15 - 09:10

Pump
Corina

Samedi , 09.03

Dimanche , 10.03