

Lundi , 30.10

09:05 - 10:00

Pilates
Cordelia

10:10 - 11:05

Pilates
Cordelia

18:00 - 18:55

TRX
Marc

20:05 - 21:00

TRX
Marc

Mardi , 31.10

18:00 - 18:55

Pilates
Claudia

Mercredi , 01.11

09:15 - 10:10

TRX
Marc

Jeudi , 02.11

09:05 - 10:00

Pilates
Silvana

10:10 - 11:05

Pilates
Silvana

18:40 - 19:35

TRX
Adam

19:50 - 20:45

TRX
Adam

Vendredi , 03.11

09:15 - 10:10

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

18:30 - 19:25

Pump
Nicole

Samedi , 04.11

Dimanche , 05.11