

Lundi , 04.12

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 , 05.12

18:00 - 18:55

Pilates
Claudia

19:30 - 20:25

Pump
Nicole

Mercredi , 06.12

09:15 - 10:10

TRX
Marc

18:50 - 19:45

Sypoba
Ilona

Jeudi , 07.12

09:05 - 10:00

Pilates
Silvana

10:10 - 11:05

Pilates
Silvana

18:40 - 19:35

TRX
Marc

19:50 - 20:45

TRX
Marc

Vendredi , 08.12

09:15 - 10:10

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

Samedi , 09.12

Dimanche , 10.12