

Lundi , 18.11

09:05 - 10:00

Pilates
Claudia

10:10 - 11:05

Pilates
Claudia

Mardi , 19.11

18:00 - 18:55

Pilates
Claudia

19:30 - 20:25

Pump
Nicole

Mercredi , 20.11

09:15 - 10:10

TRX
Marc

18:50 - 19:45

Syoba BodyBalance
Beat

Jeudi , 21.11

09:05 - 10:00

Pilates
Cordelia

10:10 - 11:05

Pilates
Cordelia

18:00 - 18:55

TRX
Adam

19:10 - 20:05

TRX
Adam

Vendredi , 22.11

09:15 - 10:10

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

Samedi , 23.11

09:30 - 10:25

Pump
Nicole

Dimanche , 24.11