

Lundi , 09.12

14:00 - 14:55 <i>Best Agers</i> Erblin	18:00 - 18:55 <i>Pump</i> Team	19:10 - 20:05 <i>Bodycombat</i> Djamshed	20:15 - 20:45 <i>Core Training</i> Djamshed
---	---	---	--

Mardi , 10.12

09:00 - 09:55 <i>Pilates</i> Miroslava	17:40 - 18:35 <i>Rückenfit</i> Team	18:00 - 19:45 <i>X Train</i> Jaromir	18:50 - 19:45 <i>Jumping</i> Djamshed	20:05 - 21:00 <i>Boxen</i> Philippe
---	--	---	--	--

Mercredi , 11.12

08:00 - 08:45 <i>Best Agers</i> Erblin	09:00 - 09:55 <i>Zumba</i> Daniela	10:00 - 10:55 <i>Yoga</i> Keith	16:55 - 17:50 <i>Pump</i> Team	18:00 - 18:55 <i>Bodycombat</i> Djamshed	19:10 - 20:05 <i>Pilates</i> Miroslava
---	---	--	---	---	---

Jeudi , 12.12

18:00 - 18:55 <i>Jumping</i> Djamshed	18:00 - 18:45 <i>Core Training</i> Team	19:15 - 19:50 <i>Core Training</i> Djamshed
--	--	--

Vendredi , 13.12

10:00 - 10:55 <i>Bodycombat</i> Team	18:00 - 18:55 <i>Boxen</i> Philippe
---	--

Samedi , 14.12

09:30 - 10:25 <i>Yoga</i> Laura
--

Dimanche , 15.12