

Lundi , 30.09

09:10 - 10:05

Pump
Sally

19:00 - 19:55

Pump
Sally

Mardi , 01.10

09:10 - 10:05

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

18:15 - 19:10

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

19:30 - 20:25

Yoga
Isabel

Mercredi , 02.10

18:00 - 18:55

Functional Workout
Sally

Jeudi , 03.10

09:10 - 10:05

Pilates
Sally

18:30 - 18:55

P.I.I.T
Petra

19:05 - 20:00

Pump
Sally

Vendredi , 04.10

09:10 - 10:05

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

18:00 - 18:55

Pilates
Sally

Samedi , 05.10

10:00 - 10:55

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

Dimanche , 06.10