

Lundi , 06.11

09:30 - 10:25

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

19:05 - 20:00

Pilates
Andrea

Mardi , 07.11

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

19:05 - 20:00

Zumba
Chantal

Mercredi , 08.11

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Sarina

18:40 - 19:35

Pump
Sarina

Jeudi , 09.11

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

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

19:05 - 20:00

Zumba
Chantal

Vendredi , 10.11

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samedi , 11.11

Dimanche , 12.11

10:00 - 10:55

Pump
Sarina