

Lundi , 25.12

10:00 - 10:55

Pilates Special
Tiziana

Mardi , 26.12

Mercredi , 27.12

Jeudi , 28.12

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

17:45 - 18:30

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

19:05 - 20:00

Zumba
Chantal

Vendredi , 29.12

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samedi , 30.12

Dimanche , 31.12