

Lundi , 22.01

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Mardi , 23.01

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

19:05 - 20:00

Full Body Workout
Nicole

Mercredi , 24.01

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Jeudi , 25.01

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 , 26.01

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samedi , 27.01

Dimanche , 28.01

10:00 - 10:55

Pump
Tiziana