

Lundi , 05.02

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Mardi , 06.02

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

20:05 - 21:00

Yoga
Leonie

Mercredi , 07.02

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Jeudi , 08.02

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

17:45 - 18:30

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

19:05 - 20:00

Zumba
Chantal

Vendredi , 09.02

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samedi , 10.02

Dimanche , 11.02

10:00 - 10:55

Pump
Tiziana