

Lundi , 26.02

09:15 - 10:10

Pump
Tiziana

18:00 - 18:55

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

19:05 - 20:00

Pilates
Tiziana

Mardi , 27.02

09:15 - 10:10

Functional Workout
Yvonne

10:15 - 10:45

Stretching
Yvonne

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 , 28.02

09:15 - 10:10

Rückenfit
Olivia

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Jeudi , 29.02

09:15 - 09:45

Upcon
Olivia

09:50 - 10:45

Pilates
Olivia

18:00 - 18:55

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

19:05 - 20:00

Zumba
Chantal

Vendredi , 01.03

09:30 - 10:25

Functional Workout
Tiziana

12:20 - 12:50

Simply Core
Yvonne

Samedi , 02.03

Dimanche , 03.03

10:00 - 10:55

Pump
Tiziana