

Lundi , 07.10

09:15 - 10:10 <i>Pilates</i> Eva	18:00 - 18:55 <i>Yoga</i> Reto	19:25 - 20:20 <i>Pump</i> Veronica
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Mardi , 08.10

09:30 - 10:25 <i>Zumba</i> Miriam	12:10 - 12:40 <i>P.I.I.T</i> Daniela	18:30 - 19:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Daniela	19:35 - 20:30 <i>Fitboxe</i> Judith
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Mercredi , 09.10

12:15 - 12:45 <i>Upcon</i> Werner	17:30 - 18:25 <i>Pilates</i> Vasiliki	18:35 - 19:30 <i>Pump</i> Vasiliki	19:40 - 20:35 <i>Zumba</i> Andrea
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Jeudi , 10.10

09:15 - 10:10 <i>Full Body Workout</i> Daniela	18:00 - 18:55 <i>Yoga</i> Nadine
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Vendredi , 11.10

09:15 - 10:10 <i>Yoga</i> Lisa	18:00 - 18:55 <i>Pilates</i> Aiyana
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Samedi , 12.10

Dimanche , 13.10

10:00 - 10:55 <i>Zumba</i> Andrea
