

Lundi , 28.10

09:15 - 10:10

Pilates
Eva

18:00 - 18:55

Yoga
Nadine

19:40 - 20:35

Pump
Sandra

Mardi , 29.10

09:30 - 10:25

Zumba
Miriam

12:10 - 12:40

P.I.I.T
Daniela

18:30 - 19:25

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

19:35 - 20:30

Fitboxe
Judith

Mercredi , 30.10

12:15 - 12:45

Upcon
Werner

17:30 - 18:25

Pilates
Vasiliki

18:35 - 19:30

Pump
Vasiliki

19:40 - 20:35

Zumba
Andrea

Jeudi , 31.10

09:15 - 10:10

Full Body Workout
Daniela

18:00 - 18:55

Yoga
Nadine

Vendredi , 01.11

09:15 - 10:10

Yoga
Lisa

18:00 - 18:55

Pilates
Aiyana

Samedi , 02.11

Dimanche , 03.11

10:00 - 10:55

Zumba
Andrea