

Lundi , 16.12

09:15 - 10:10

Pilates
Nicola

18:00 - 18:55

Yoga
Nadine

19:25 - 20:20

Pump
Claudia

Mardi , 17.12

09:30 - 10:25

Zumba
Miriam

12:10 - 12:40

P.I.I.T
Linda

18:30 - 19:25

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

Mercredi , 18.12

12:15 - 12:45

Upcon
Werner

17:30 - 18:25

Pilates
Ajla

18:35 - 19:30

Pump
Ajla

19:40 - 20:35

Zumba
Andrea

Jeudi , 19.12

09:15 - 10:10

Full Body Workout
Daniela

18:00 - 18:55

Yoga
Nadine

Vendredi , 20.12

09:15 - 10:10

Yoga
Lisa

18:00 - 18:55

Pilates
Aiyana

Samedi , 21.12

Dimanche , 22.12

10:00 - 10:55

Zumba
Andrea