

Lundi , 07.10

18:10 - 19:05

Pump
Saskia

19:15 - 20:10

Functional Workout
Saskia

Mardi , 08.10

12:10 - 13:05

Pump
Graziella

18:00 - 18:55

Pilates
Geneviève

19:05 - 20:00

Functional Workout
Vanessa

Mercredi , 09.10

08:45 - 09:40

BBP (Bauch, Beine, Po) / Bodytone
Angelica

09:50 - 10:45

Rückenfit
Sabine

18:00 - 18:55

Powerstep
Priska

19:05 - 20:00

Rückenfit
Priska

Jeudi , 10.10

09:30 - 10:25

Pilates
Geneviève

12:15 - 12:45

P.I.I.T
Nicoletta

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Natalie

19:05 - 20:00

Pump
Cristian

Vendredi , 11.10

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Nicoletta

Samedi , 12.10

09:30 - 10:25

Step'n Tone
Nicole

Dimanche , 13.10

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Lara