

Lundi , 28.10

12:15 - 12:45

P.I.I.T
Melanie

18:10 - 19:05

Pump
Angelica

19:15 - 20:10

Functional Workout
Angelica

Mardi , 29.10

09:00 - 09:55

Yoga
Laura

10:10 - 11:05

Zumba
Felicia

12:10 - 13:05

Pump
Graziella

18:00 - 18:55

Pilates
Geneviève

19:05 - 20:00

Functional Workout
Fabienne

Mercredi , 30.10

08:45 - 09:40

BBP (Bauch, Beine, Po) / Bodytone
Angelica

09:50 - 10:45

Rückenfit
Sonja

18:00 - 18:55

Powerstep
Fabienne

19:05 - 20:00

Yoga
Fabienne

Jeudi , 31.10

09:30 - 10:25

Pilates
Sabine

12:15 - 12:45

Upcon
Melanie

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Saskia

19:05 - 20:00

Pump
Cristian

20:10 - 21:05

Zumba
Felicia

Vendredi , 01.11

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Graziella

Samedi , 02.11

09:30 - 10:25

Step'n Tone
Nicole

Dimanche , 03.11

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Natalie