

Lundi , 04.11

12:15 - 12:45

P.I.I.T
Melanie

18:10 - 19:05

Pump
Saskia

19:15 - 20:10

Functional Workout
Saskia

Mardi , 05.11

09:00 - 09:55

Yoga
Laura

12:10 - 13:05

Pump
Graziella

18:00 - 18:55

Pilates
Geneviève

19:05 - 20:00

Functional Workout
Vanessa

Mercredi , 06.11

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 , 07.11

09:30 - 10:25

Pilates
Geneviève

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 , 08.11

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Graziella

Samedi , 09.11

09:30 - 10:25

Step'n Tone
Priska

Dimanche , 10.11

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Angelica