

Lundi , 06.11

09:10 - 10:05 <i>Pilates</i> Isabelle	10:10 - 10:55 <i>Fitboxe</i> Isabel	17:15 - 17:45 <i>P.I.I.T</i> Daniela	17:55 - 18:50 <i>Step'n Tone</i> Daniela	19:00 - 19:55 <i>Zumba</i> Deniz	20:05 - 21:00 <i>Yoga</i> Sabrina
--	--	---	---	---	--

Mardi , 07.11

18:00 - 18:30 <i>P.I.I.T</i> Daniela	18:35 - 19:30 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Daniela
---	---

Mercredi , 08.11

09:10 - 10:05 <i>Yoga</i> Isabel	18:15 - 18:45 <i>Simply Core</i> Luana	19:00 - 19:55 <i>Fitboxe</i> Isabel
---	---	--

Jeudi , 09.11

09:10 - 10:05 <i>Pump</i> Isabel	18:00 - 18:55 <i>Pump</i> Nicolle
---	--

Vendredi , 10.11

09:10 - 10:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sara	18:00 - 18:55 <i>Step'n Tone</i> Graziella
--	---

Samedi , 11.11

09:10 - 10:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Daniela	10:15 - 11:10 <i>Upcon</i> Daniela
---	---

Dimanche , 12.11

10:00 - 10:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Luana
