

Lundi , 11.12

09:10 - 10:05

Pilates
Isabelle

10:10 - 10:55

Fitboxe
Isabel

17:15 - 17:45

P.I.I.T
Daniela

17:55 - 18:50

Step'n Tone
Daniela

19:00 - 19:55

Zumba
Deniz

20:05 - 21:00

Yoga
Isabel

Mardi , 12.12

18:00 - 18:30

P.I.I.T
Melanie

18:35 - 19:30

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

Mercredi , 13.12

09:10 - 10:05

Yoga
Olga

18:15 - 18:45

Simply Core
Melanie

19:00 - 19:55

Fitboxe
Isabel

Jeudi , 14.12

09:10 - 10:05

Pump
Isabel

18:00 - 18:55

Pump
Nicolle

19:00 - 19:55

Fighttime 55'
Bianca

Vendredi , 15.12

09:10 - 10:05

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

18:00 - 18:55

Step'n Tone
Graziella

Samedi , 16.12

09:10 - 10:05

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

10:15 - 11:10

Upcon
Melanie

Dimanche , 17.12

10:00 - 10:55

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