

Lundi , 30.09

09:10 - 10:05

Pilates
Isabelle

10:10 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Fabienne

17:15 - 17:45

P.I.I.T
Naima

17:55 - 18:50

Step'n Tone
Nicole

19:00 - 19:55

Zumba
Lorena

20:05 - 21:00

Yoga
Susanne

Mardi , 01.10

18:00 - 18:30

P.I.I.T
Luana

18:35 - 19:30

BBP (Bauch, Beine, Po) / Bodytone
Luana

Mercredi , 02.10

09:10 - 10:05

Yoga
Fabienne

18:15 - 18:45

Simply Core
Isabelle

19:00 - 19:55

Fitboxe
Isabelle

Jeudi , 03.10

09:10 - 10:05

Pump
Jenny

Vendredi , 04.10

09:10 - 10:05

Functional Workout
Sabrina

18:00 - 18:55

Step'n Tone
Graziella

Samedi , 05.10

09:10 - 10:05

BBP (Bauch, Beine, Po) / Bodytone
Luana

10:15 - 11:10

Upcon
Luana

Dimanche , 06.10

10:00 - 10:55

BBP (Bauch, Beine, Po) / Bodytone
Luana