

Lundi , 04.11

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
Sabrina

Mardi , 05.11

18:00 - 18:30

P.I.I.T
Daniela

18:35 - 19:30

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

Mercredi , 06.11

09:10 - 10:05

Yoga
Fabienne

18:15 - 18:45

Simply Core
Bianca

19:00 - 19:55

Fighttime 55'
Bianca

Jeudi , 07.11

09:10 - 10:05

Pump
Isabel

18:00 - 18:55

Pump
Bianca

19:00 - 19:55

Fighttime 55'
Bianca

Vendredi , 08.11

09:10 - 10:05

Functional Workout
Sabrina

18:00 - 18:55

Step'n Tone
Graziella

Samedi , 09.11

09:10 - 10:05

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

10:15 - 11:10

Upcon
Daniela

Dimanche , 10.11

10:00 - 10:55

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