

Lundi , 18.12

Mardi , 19.12

Mercredi , 20.12

Jeudi , 21.12

09:30 - 10:25

Yoga
Alexandra

18:00 - 18:30

P.I.I.T
Laura

18:30 - 18:55

Simply Core
Laura

19:10 - 20:05

Pump
Laura

Vendredi , 22.12

09:15 - 10:10

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

10:15 - 10:45

Simply Core
Morena

12:15 - 13:10

Pump
Manuela

Samedi , 23.12

09:00 - 09:55

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

Dimanche , 24.12

09:00 - 09:55

Pump
Morena

10:00 - 10:30

Simply Core
Morena