

Lundi , 23.12

08:00 - 08:55

Yoga
Andrea

09:05 - 09:30

P.I.I.T
Laura

09:35 - 10:30

Pump
Laura

18:00 - 18:55

Pump
Manuela

19:00 - 19:55

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

20:00 - 20:55

Yoga
Asal

Mardi , 24.12

09:30 - 10:25

Zumba
Sabina

Mercredi , 25.12

Jeudi , 26.12

Vendredi , 27.12

09:15 - 10:10

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

10:15 - 10:45

Simply Core
Morena

12:15 - 13:10

Pump
Manuela

Samedi , 28.12

09:00 - 09:55

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

Dimanche , 29.12

09:00 - 09:55

Pump
Manuela

10:00 - 10:30

Simply Core
Manuela