

Lundi , 24.04

09:10 - 10:05

Pilates
Bernadette

18:00 - 18:55

Zumba
Tanja

19:15 - 20:10

Pump
Tanja

Mardi , 25.04

09:10 - 10:05

Power Yoga
Alla

12:15 - 12:45

Simply Core
Bettina

Mercredi , 26.04

12:15 - 12:45

Upcon
Bettina

19:00 - 19:55

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

Jeudi , 27.04

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Vendredi , 28.04

Samedi , 29.04

09:10 - 10:05

Upcon
Bettina

Dimanche , 30.04