

Lundi , 09.10

09:10 - 10:05

Pilates
Barbara

12:15 - 12:45

Pump i.t.
Yvonne

19:15 - 20:10

Pump
Yvonne

Mardi , 10.10

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Power Yoga
Katrin

Mercredi , 11.10

12:15 - 12:45

Upcon
Bettina

19:00 - 19:55

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

Jeudi , 12.10

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Vendredi , 13.10

Samedi , 14.10

09:10 - 10:05

Upcon
Bettina

Dimanche , 15.10