

Lundi , 13.11

09:10 - 10:05

Pilates
Barbara

12:15 - 12:45

Pump i.t.
Yvonne

18:15 - 19:00

Step Aerobic
Dario

19:15 - 20:10

Pump
Yvonne

Mardi , 14.11

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Power Yoga
Katrin

Mercredi , 15.11

12:15 - 12:45

Upcon
Debi

19:00 - 19:55

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

Jeudi , 16.11

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Vendredi , 17.11

Samedi , 18.11

Dimanche , 19.11