

Lundi , 10.04

Mardi , 11.04

09:10 - 10:05

Pump
Monika

10:10 - 11:05

Pilates
Sarah

12:15 - 12:45

P.I.I.T
Monika

18:15 - 19:10

Pump
Jasmin

19:15 - 20:10

*Dance Aerobic /
Dance Mix*
Christina

Mercredi , 12.04

08:30 - 09:25

Zumba
Petra

09:30 - 10:25

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

17:55 - 18:50

Zumba
Marion

19:05 - 20:00

Fitboxe
Arlette

Jeudi , 13.04

09:10 - 10:05

Rückengymnastik
Olivia

12:15 - 12:45

P.I.I.T
Janina

18:00 - 18:55

Pump
Monika

19:05 - 20:00

Fighttime 55'
Arlette

Vendredi , 14.04

09:05 - 10:00

Yoga
Lisa

10:15 - 11:10

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

Samedi , 15.04

09:00 - 09:55

Yoga
Annemie

10:15 - 11:10

Fitboxe
Nicole

Dimanche , 16.04

09:20 - 10:15

Zumba
Petra

10:30 - 11:25

Pump
Adriana