

Lundi , 07.08

08:30 - 09:25

Yoga
Michaela

09:30 - 10:25

Pump
Fabien

19:00 - 19:55

Fitboxe
Sandra

20:05 - 21:00

Power Yoga
Liliya

Mardi , 08.08

09:00 - 09:55

Pump
Monika

10:10 - 11:05

Pilates
Sarah

18:15 - 19:10

Pump
Sarah

19:15 - 20:10

Dance Step
Christina

Mercredi , 09.08

09:30 - 10:25

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

17:55 - 18:50

Zumba
Marion

19:05 - 20:00

Fitboxe
Alina

Jeudi , 10.08

09:10 - 10:05

Rückengymnastik
Olivia

18:00 - 18:55

Pump
Monika

19:05 - 20:00

Fitboxe
Sandra

Vendredi , 11.08

09:05 - 10:00

Yoga
Lisa

10:15 - 11:10

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

Samedi , 12.08

09:00 - 09:55

Yoga
Annemie

10:15 - 11:10

Fitboxe
Sandra

Dimanche , 13.08

10:30 - 11:25

Pump
Monika