

Lundi , 16.10

09:30 - 10:25 <i>Pump</i> Vasiliki	19:00 - 19:55 <i>Fitboxe</i> Arlette	20:15 - 21:10 <i>Power Yoga</i> Liliya
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Mardi , 17.10

09:00 - 09:55 <i>Pump</i> Monika	10:10 - 11:05 <i>Pilates</i> Sarah	12:15 - 12:45 <i>P.I.I.T</i> Monika	18:15 - 19:10 <i>Pump</i> Fabien	19:15 - 20:10 <i>Dance Step</i> Christina
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Mercredi , 18.10

09:30 - 10:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Severine	17:55 - 18:50 <i>Zumba</i> Uriel	19:05 - 20:00 <i>Fitboxe</i> Arlette
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Jeudi , 19.10

09:10 - 10:05 <i>Rückengymnastik</i> Sarah	12:15 - 12:45 <i>P.I.I.T</i> Janina	18:00 - 18:55 <i>Pump</i> Monika	19:05 - 20:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Arlette
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Vendredi , 20.10

09:05 - 10:00 <i>Yoga</i> Lisa	10:15 - 11:10 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Nena Nevenka
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Samedi , 21.10

09:00 - 09:55 <i>Yoga</i> Annemie	10:15 - 11:10 <i>Fitboxe</i> Nicole
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Dimanche , 22.10

09:20 - 10:15 <i>Zumba</i> Petra	10:30 - 11:25 <i>Pump</i> Monika
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