

Lundi , 16.10

09:10 - 09:40

Pump i.t.
Lydia

09:45 - 10:15

P.I.I.T
Lydia

18:00 - 18:55

Pump
Sophie

Mardi , 17.10

18:00 - 18:55

Power Yoga
Manuela

Mercredi , 18.10

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

19:00 - 19:55

Pump
Lydia

Jeudi , 19.10

09:10 - 10:05

Functional Workout
Barbara

18:30 - 19:25

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

19:35 - 20:30

Pilates
Monika

Vendredi , 20.10

10:15 - 11:10

Pilates
Nadine

Samedi , 21.10

Dimanche , 22.10

09:10 - 10:05

Yoga
Nadine