

Lundi , 06.11

09:10 - 09:40

Pump i.t.
Lydia

09:45 - 10:15

P.I.I.T
Lydia

18:00 - 18:55

Pump
Sandra

19:05 - 19:35

P.I.I.T
Rahel

Mardi , 07.11

18:00 - 18:55

Power Yoga
Manuela

Mercredi , 08.11

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

18:30 - 19:25

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

19:35 - 20:30

Pilates
Monika

Jeudi , 09.11

09:10 - 10:05

Functional Workout
Lydia

18:45 - 19:40

Pump
Janine

Vendredi , 10.11

10:15 - 11:10

Pilates
Yvette

Samedi , 11.11

Dimanche , 12.11

09:10 - 10:05

Pump
Sandra