

Lundi , 22.01

09:10 - 10:05

Pump i.t.
Lydia

10:10 - 10:40

P.I.I.T
Lydia

18:00 - 18:30

P.I.I.T
Rahel

18:40 - 19:35

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

Mardi , 23.01

18:00 - 18:55

Power Yoga
Manuela

Mercredi , 24.01

09:10 - 10:05

Pump
Sandra

10:10 - 10:40

Simply Core
Sandra

18:30 - 19:25

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

19:35 - 20:30

Pilates
Manuela

Jeudi , 25.01

09:10 - 10:05

Functional Workout
Lydia

18:45 - 19:40

Pump
Janine

Vendredi , 26.01

10:15 - 11:10

Pilates
Yvette

Samedi , 27.01

Dimanche , 28.01

09:10 - 10:05

Yoga
Rahel