

Lundi , 29.01

09:10 - 09:40

Pump i.t.
Sandra

09:45 - 10:15

P.I.I.T
Sandra

18:00 - 18:30

P.I.I.T
Rahel

18:40 - 19:35

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

Mardi , 30.01

18:00 - 18:55

Power Yoga
Manuela

Mercredi , 31.01

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 , 01.02

09:10 - 10:05

Functional Workout
Sara

18:45 - 19:40

Pump
Lydia

Vendredi , 02.02

10:15 - 11:10

Pilates
Yvette

Samedi , 03.02

Dimanche , 04.02

09:10 - 10:05

Yoga
Nadine