

Lundi , 26.02

09:10 - 10:05

Pump
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 , 27.02

18:00 - 18:55

Power Yoga
Manuela

Mercredi , 28.02

09:10 - 10:05

Pump
Lydia

10:10 - 10:40

Simply Core
Lydia

18:30 - 19:25

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

19:35 - 20:30

Pilates
Monika

Jeudi , 29.02

09:10 - 10:05

Functional Workout
Sara

18:45 - 19:40

Pump
Lydia

Vendredi , 01.03

10:15 - 11:10

Pilates
Yvette

Samedi , 02.03

Dimanche , 03.03

09:10 - 10:05

Yoga
Nadine