

Lundi , 09.09

09:10 - 10:05

Pump
Lydia

18:00 - 18:30

P.I.I.T
Sara

18:40 - 19:35

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

Mardi , 10.09

Mercredi , 11.09

09:10 - 10:05

Pump
Barbara

10:10 - 10:40

Simply Core
Barbara

Jeudi , 12.09

09:10 - 10:05

Functional Workout
Lydia

18:45 - 19:40

Pump
Janine

Vendredi , 13.09

10:15 - 11:10

Pilates
Yvette

Samedi , 14.09

Dimanche , 15.09

09:10 - 10:05

Upcon
Sophie