

Lundi , 30.09

09:10 - 10:05

Upcon
Sophie

18:00 - 18:30

P.I.I.T
Sara

18:40 - 19:35

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

Mardi , 01.10

18:00 - 18:55

Power Yoga
Manuela

19:05 - 19:35

Stretching
Manuela

Mercredi , 02.10

09:10 - 10:05

Upcon
Sophie

10:10 - 10:40

Simply Core
Sophie

Jeudi , 03.10

09:10 - 10:05

Functional Workout
Sara

18:45 - 19:40

Pump
Barbara

Vendredi , 04.10

10:15 - 11:10

Pilates
Yvette

Samedi , 05.10

Dimanche , 06.10

09:10 - 10:05

Yoga
Nadine