

Lundi , 07.10

09:10 - 10:05

Pump
Lydia

18:00 - 18:30

P.I.I.T
Rahel

18:40 - 19:35

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

Mardi , 08.10

18:00 - 18:55

Power Yoga
Manuela

19:05 - 19:35

Stretching
Manuela

Mercredi , 09.10

09:10 - 10:05

Upcon
Sophie

10:10 - 10:40

Simply Core
Sophie

Jeudi , 10.10

09:10 - 10:05

Functional Workout
Lydia

18:45 - 19:40

Pump
Janine

Vendredi , 11.10

10:15 - 11:10

Pilates
Yvette

Samedi , 12.10

Dimanche , 13.10

09:10 - 10:05

Pump
Lydia