

Lundi , 21.10

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 , 22.10

18:00 - 18:55

Power Yoga
Manuela

19:05 - 19:35

Stretching
Manuela

Mercredi , 23.10

09:10 - 10:05

Pump
Lydia

10:10 - 10:40

Simply Core
Lydia

Jeudi , 24.10

09:10 - 10:05

Functional Workout
Lydia

18:45 - 19:40

Pump
Lydia

Vendredi , 25.10

10:15 - 11:10

Pilates
Yvette

Samedi , 26.10

Dimanche , 27.10

09:10 - 10:05

Upcon
Sophie