

Lundi , 18.11

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 , 19.11

18:00 - 18:55

Power Yoga
Manuela

19:05 - 19:35

Stretching
Manuela

Mercredi , 20.11

09:10 - 10:05

Pump
Sandra

10:10 - 10:40

Simply Core
Sandra

Jeudi , 21.11

09:10 - 10:05

Functional Workout
Lydia

18:45 - 19:40

Pump
Janine

Vendredi , 22.11

10:15 - 11:10

Pilates
Yvette

Samedi , 23.11

Dimanche , 24.11

09:10 - 10:05

BBP (Bauch, Beine, Po) / Bodytone
Sara