

Lundi , 03.03

09:10 - 10:05

Pump
Lydia

10:10 - 10:40

P.I.I.T
Lydia

18:00 - 18:30

P.I.I.T
Sara

18:40 - 19:35

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

Mardi , 04.03

18:00 - 18:55

Power Yoga
Manuela

19:05 - 19:35

Stretching
Manuela

Mercredi , 05.03

09:10 - 10:05

Pump
Lydia

10:10 - 10:40

Simply Core
Lydia

Jeudi , 06.03

09:10 - 10:05

Functional Workout
Sara

18:45 - 19:40

Pump
Janine

Vendredi , 07.03

10:15 - 11:10

Pilates
Yvette

Samedi , 08.03

Dimanche , 09.03

09:10 - 10:05

Power Yoga
Manuela