

Lundi , 02.10

09:15 - 10:10

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

18:30 - 19:00

P.I.I.T
Nadine

19:15 - 20:10

Kick Power
Nadine

Mardi , 03.10

18:30 - 19:25

Zumba
Tanja

19:45 - 20:15

P.I.I.T
Dario

Mercredi , 04.10

18:00 - 18:55

Pilates
Angela

19:00 - 19:55

Pump
Marion

Jeudi , 05.10

09:15 - 10:10

Zumba
Padhy

18:30 - 19:25

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

19:30 - 20:25

Functional Workout
Sabine

Vendredi , 06.10

18:30 - 19:25

Step Aerobic
Padhy

Samedi , 07.10

10:00 - 10:30

Simply Core
Noy

10:45 - 11:40

Pump
Noy

Dimanche , 08.10

10:30 - 11:25

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