

Lundi , 11.12

09:15 - 10:10

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

19:15 - 20:10

Kick Power
Jennifer

Mardi , 12.12

18:30 - 19:25

Zumba
Tanja

19:45 - 20:15

P.I.I.T
Dario

Mercredi , 13.12

12:15 - 13:10

Power Yoga
Agnes

18:00 - 18:55

Power Yoga
Agnes

19:00 - 19:55

Pump
Marion

Jeudi , 14.12

09:15 - 10:10

Zumba
Padhy

18:30 - 19:25

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

19:30 - 20:25

Functional Workout
Sabine

Vendredi , 15.12

18:30 - 19:25

Step Aerobic
Padhy

Samedi , 16.12

10:00 - 10:30

Simply Core
Yvonne

10:45 - 11:40

Pump
Yvonne

Dimanche , 17.12

10:30 - 11:25

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