

Lundi , 29.07

08:00 - 08:55

Motion
Pia

09:05 - 10:00

BBP (Bauch, Beine, Po) / Bodytone
Sandra

17:30 - 18:30

CrossFit
Pascal

18:30 - 19:30

CrossFit
Pascal

Mardi , 30.07

09:00 - 10:00

CrossFit
Reni

09:05 - 10:05

Cycling
Brigitte

09:30 - 10:25

Functional Workout
Sandra

17:45 - 18:45

CrossFit
Pascal

18:10 - 19:05

Pump
Elena

18:45 - 19:45

CrossFit
Pascal

19:15 - 20:15

Faszien-Training
Reni

Mercredi , 31.07

09:00 - 09:55

Zumba
Sandra

10:00 - 10:30

Core Training
Flavia

12:00 - 12:55

Pump
Evelyne

17:45 - 18:45

CrossFit
Reni

18:45 - 19:45

CrossFit
Reni

19:00 - 20:00

Power Yoga
Flavia

Jeudi , 01.08

Vendredi , 02.08

08:00 - 08:55

Faszien-Training
Reni

09:00 - 09:55

Yoga
Pia

09:00 - 10:00

CrossFit
Reni

10:10 - 11:05

Pump
Sandra

18:00 - 19:00

CrossFit
Jernej

Samedi , 03.08

08:45 - 09:40

Pilates
Olga

09:15 - 10:15

CrossFit
Olivia

10:00 - 10:55

Cycling
Erika

10:15 - 11:15

CrossFit
Olivia

Dimanche , 04.08

09:30 - 10:00

Core Training
Flavia

10:10 - 11:05

Pump
Sandra

10:15 - 11:15

CrossFit
Daniel