

Lundi , 12.08

08:00 - 08:55 <i>Motion</i> Pia	09:05 - 10:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sandra	17:30 - 18:30 <i>CrossFit</i> Christian	18:30 - 19:30 <i>CrossFit</i> Christian
--	--	--	--

Mardi , 13.08

08:15 - 09:00 <i>TRX</i> Gerardo	09:00 - 10:00 <i>CrossFit</i> Reni	09:05 - 10:05 <i>Cycling</i> Brigitte	09:30 - 10:25 <i>Functional Workout</i> Sandra	17:45 - 18:45 <i>CrossFit</i> Christian	18:10 - 19:05 <i>Pump</i> Elena	18:45 - 19:45 <i>CrossFit</i> Christian	19:15 - 20:15 <i>Faszien-Training</i> Reni
---	---	--	---	--	--	--	---

Mercredi , 14.08

09:00 - 09:55 <i>Zumba</i> Elena	10:00 - 10:30 <i>Core Training</i> Flavia	17:45 - 18:45 <i>CrossFit</i> Lea	18:45 - 19:45 <i>CrossFit</i> Lea	19:00 - 20:00 <i>Power Yoga</i> Flavia
---	--	--	--	---

Jeudi , 15.08

09:15 - 10:15 <i>CrossFit</i> Olivia

Vendredi , 16.08

08:00 - 08:55 <i>Faszien-Training</i> Reni	09:00 - 09:55 <i>Yoga</i> Pia	09:15 - 10:15 <i>CrossFit</i> Reni	10:10 - 11:05 <i>Pump</i> Sandra	18:00 - 19:00 <i>CrossFit</i> Jernej
---	--	---	---	---

Samedi , 17.08

08:45 - 09:40 <i>Pilates</i> Olga	09:15 - 10:15 <i>CrossFit</i> Christian	10:00 - 10:55 <i>Cycling</i> Erika	10:15 - 11:15 <i>CrossFit</i> Christian
--	--	---	--

Dimanche , 18.08

09:30 - 10:00 <i>Core Training</i> Flavia	10:10 - 11:05 <i>Pump</i> Sandra	10:15 - 11:15 <i>CrossFit</i> Julia
--	---	--