

Lundi , 04.09

09:30 - 10:25

Pilates
Giobana

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:00

P.I.I.T
Dominic

19:15 - 20:10

Dance Aerobic / Dance Mix
Larissa

Mardi , 05.09

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

BBP (Bauch, Beine, Po) / Bodytone
Vittoria

Mercredi , 06.09

09:00 - 09:55

Yoga
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Jeudi , 07.09

18:00 - 18:55

Yoga
Giobana

Vendredi , 08.09

18:00 - 18:55

Functional Workout
Dominic

Samedi , 09.09

Dimanche , 10.09