

Lundi , 09.10

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 , 10.10

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

BBP (Bauch, Beine, Po) / Bodytone
Vittoria

Mercredi , 11.10

09:00 - 09:55

Yoga
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Jeudi , 12.10

09:30 - 10:25

Zumba
Katarzyna

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Vendredi , 13.10

18:00 - 18:55

Functional Workout
Larissa

Samedi , 14.10

Dimanche , 15.10