

Lundi , 01.04

10:00 - 10:55

Pilates Special
Tiziana

Mardi , 02.04

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

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

19:05 - 20:00

Full Body Workout
Nicole

20:05 - 21:00

Pilates
Nicole

Mercredi , 03.04

09:15 - 10:10

Rückenfit
Team

18:00 - 18:30

Simply Core
Tiziana

18:40 - 19:35

Pump
Tiziana

Jeudi , 04.04

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

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

19:05 - 20:00

Aerobic
Francesco

Vendredi , 05.04

09:30 - 10:25

Functional Workout
Carmen

12:20 - 12:50

Simply Core
Yvonne

Samedi , 06.04

Dimanche , 07.04

10:00 - 10:55

Pump
Tiziana