

Lundi , 07.11

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:25

Upcon
Erendita

18:30 - 19:25

Pump
Yvonne

Mardi , 08.11

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Jasmin

Mercredi , 09.11

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 10.11

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Vendredi , 11.11

09:15 - 10:10

Pilates
Andrea

Samedi , 12.11

Dimanche , 13.11