

Lundi , 14.11

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:25

Upcon
Erendita

18:30 - 19:25

Pump
Yvonne

Mardi , 15.11

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Annika

Mercredi , 16.11

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 17.11

09:15 - 10:10

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

18:00 - 18:55

Pump
Yvonne

19:05 - 20:00

Pilates
Andrea

Vendredi , 18.11

09:15 - 10:10

Pilates
Andrea

Samedi , 19.11

Dimanche , 20.11