

Lundi , 05.12

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:25

Upcon
Erendita

18:30 - 19:25

Pump
Yvonne

Mardi , 06.12

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mercredi , 07.12

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 08.12

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Vendredi , 09.12

09:15 - 10:10

Pilates
Andrea

Samedi , 10.12

Dimanche , 11.12