

Lundi , 09.01

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:25

Upcon
Erendita

18:30 - 19:25

Pump
Yvonne

Mardi , 10.01

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Jasmin

Mercredi , 11.01

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 12.01

09:15 - 10:10

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

18:00 - 18:55

Pump
Sarina

19:05 - 20:00

Pilates
Andrea

Vendredi , 13.01

09:15 - 10:10

Pilates
Andrea

Samedi , 14.01

Dimanche , 15.01