

Lundi , 03.04

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

Mardi , 04.04

09:15 - 10:10

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

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Jasmin

Mercredi , 05.04

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 06.04

09:15 - 10:10

Functional Workout
Erendita

18:00 - 18:55

*update Akademie Pump
Release*
Dominic

19:05 - 20:00

Pilates
Andrea

Vendredi , 07.04

Samedi , 08.04

Dimanche , 09.04