

Lundi , 02.10

09:30 - 10:25

Rückenfit
Carmen

18:00 - 18:30

P.I.I.T
Yvonne

18:30 - 19:25

Pump
Yvonne

Mardi , 03.10

19:00 - 19:55

Power Yoga
Annaliese

Mercredi , 04.10

09:15 - 10:10

Yoga
Annaliese

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 05.10

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Vendredi , 06.10

09:15 - 10:10

Pilates
Andrea

Samedi , 07.10

Dimanche , 08.10