

Lundi , 09.10

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

Mardi , 10.10

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mercredi , 11.10

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ambra

19:00 - 19:55

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

Jeudi , 12.10

09:15 - 10:10

Functional Workout
Erendita

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Vendredi , 13.10

09:15 - 10:10

Pilates
Andrea

Samedi , 14.10

Dimanche , 15.10