

Lundi , 13.11

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

Mardi , 14.11

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Annaliese

Mercredi , 15.11

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 16.11

09:15 - 10:10

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

18:00 - 18:55

Pump
Sarina

19:05 - 20:00

Pilates
Andrea

Vendredi , 17.11

09:15 - 10:10

Pilates
Andrea

Samedi , 18.11

Dimanche , 19.11