

Lundi , 04.12

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

Mardi , 05.12

19:00 - 19:55

Power Yoga
Jasmin R.

Mercredi , 06.12

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 07.12

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

Vendredi , 08.12

09:15 - 10:10

Pilates
Annaliese

Samedi , 09.12

Dimanche , 10.12