

Lundi , 01.01

Mardi , 02.01

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Ambra

Mercredi , 03.01

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 04.01

09:15 - 10:10

Functional Workout
Erendita

18:00 - 18:55

Pump
Sarina

19:05 - 20:00

Pilates
Annaliese

Vendredi , 05.01

Samedi , 06.01

Dimanche , 07.01