

Lundi , 08.01

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

Mardi , 09.01

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Annaliese

Mercredi , 10.01

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 11.01

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Yvonne

Vendredi , 12.01

09:15 - 10:10

Pilates
Annaliese

Samedi , 13.01

Dimanche , 14.01