

Lundi , 04.03

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

Mardi , 05.03

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Ambra

Mercredi , 06.03

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 07.03

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Vendredi , 08.03

09:15 - 10:10

Pilates
Andrea

18:00 - 18:55

Aerobic
Francesco

Samedi , 09.03

Dimanche , 10.03