

Lundi , 06.05

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Sarina

18:30 - 19:25

Pump
Yvonne

19:30 - 20:00

Stretching
Yvonne

Mardi , 07.05

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mercredi , 08.05

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 09.05

09:15 - 10:10

BBP Special
Francesco

Vendredi , 10.05

09:15 - 10:10

Pilates
Annaliese

18:00 - 18:55

Aerobic
Francesco

Samedi , 11.05

Dimanche , 12.05