

Lundi , 24.06

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 , 25.06

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mercredi , 26.06

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

Jeudi , 27.06

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Ambra

Vendredi , 28.06

09:15 - 10:10

Pilates
Annaliese

18:00 - 18:55

Aerobic
Francesco

Samedi , 29.06

Dimanche , 30.06