

Lundi , 15.07

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Sarina

18:30 - 19:25

Pump
Sarina

Mardi , 16.07

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Larissa

Mercredi , 17.07

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 18.07

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Yvonne

Vendredi , 19.07

18:00 - 18:55

Aerobic
Francesco

Samedi , 20.07

Dimanche , 21.07