

Lundi , 12.08

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 , 13.08

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Annaliese

Mercredi , 14.08

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

BBP (Bauch, Beine, Po) /
Bodytone
Yvonne

Jeudi , 15.08

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Vendredi , 16.08

09:15 - 10:10

Pilates
Andrea

18:00 - 18:55

Aerobic
Yvonne

Samedi , 17.08

Dimanche , 18.08