

Lundi , 30.09

09:15 - 10:10

Rückenfit
Larissa

18:00 - 18:30

P.I.I.T
Sarina

18:30 - 19:25

Pump
Yvonne

19:30 - 20:00

Stretching
Yvonne

Mardi , 01.10

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mercredi , 02.10

09:15 - 10:10

Yoga
Annaliese

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 03.10

09:15 - 10:10

Functional Workout
Erendita

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Vendredi , 04.10

09:15 - 10:10

Pilates
Andrea

18:00 - 18:55

Aerobic
Francesco

Samedi , 05.10

Dimanche , 06.10