

Lundi , 07.10

09:15 - 10:10

Yoga
Annaliese

18:00 - 18:30

P.I.I.T
Sarina

18:30 - 19:25

Pump
Sarina

19:30 - 20:00

Stretching
Sarina

Mardi , 08.10

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mercredi , 09.10

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

BBP (Bauch, Beine, Po) /
Bodytone
Yvonne

Jeudi , 10.10

18:00 - 18:55

Pump
Sarina

19:05 - 20:00

Pilates
Andrea

Vendredi , 11.10

09:15 - 10:10

Pilates
Andrea

18:00 - 18:55

Aerobic
Francesco

Samedi , 12.10

Dimanche , 13.10