

Lundi , 14.10

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

Mardi , 15.10

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mercredi , 16.10

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Jeudi , 17.10

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Annaliese

Vendredi , 18.10

09:15 - 10:10

Pilates
Annaliese

18:00 - 18:55

Aerobic
Francesco

Samedi , 19.10

Dimanche , 20.10