

Lundi , 18.11

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

19:30 - 20:00

Stretching
Yvonne

Mardi , 19.11

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Ambra

Mercredi , 20.11

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Julia

19:00 - 19:55

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

Jeudi , 21.11

09:15 - 10:10

Functional Workout
Erendita

18:00 - 18:55

Pump
Sarina

19:05 - 20:00

Pilates
Andrea

Vendredi , 22.11

09:15 - 10:10

Pilates
Andrea

18:00 - 18:55

Aerobic
Francesco

Samedi , 23.11

Dimanche , 24.11