

Lundi , 27.11

09:10 - 10:05

Pilates
Barbara

12:15 - 12:45

Pump i.t.
Yvonne

18:15 - 19:00

Step Aerobic
Dario

19:15 - 20:10

Pump
Yvonne

Mardi , 28.11

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Power Yoga
Camille

Mercredi , 29.11

12:15 - 12:45

Upcon
Debi

19:00 - 19:55

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

Jeudi , 30.11

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Vendredi , 01.12

Samedi , 02.12

Dimanche , 03.12

10:00 - 10:55

Yoga
Chiara