

Lundi , 04.03

09:10 - 10:05

Pilates
Barbara

18:15 - 19:00

Step Aerobic
Dario

19:15 - 20:10

Pump
Yvonne

Mardi , 05.03

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Power Yoga
Camille

Mercredi , 06.03

12:15 - 12:15

Upcon
Debi

19:00 - 19:55

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

Jeudi , 07.03

09:10 - 10:05

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

18:15 - 19:10

Pump
Yvonne

19:20 - 20:15

Yoga
Chiara

Vendredi , 08.03

Samedi , 09.03

Dimanche , 10.03

09:30 - 10:25

Power Yoga
Silvana