

Montag , 08.01

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

Dienstag , 09.01

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Annaliese

Mittwoch , 10.01

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Donnerstag , 11.01

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Yvonne

Freitag , 12.01

09:15 - 10:10

Pilates
Annaliese

Samstag , 13.01

Sonntag , 14.01