

Montag , 27.05

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Sarina

18:30 - 19:25

Pump
Yvonne

19:30 - 20:00

Stretching
Yvonne

Dienstag , 28.05

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Ambra

Mittwoch , 29.05

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Donnerstag , 30.05

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Freitag , 31.05

09:15 - 10:10

Pilates
Annaliese

18:00 - 18:55

Aerobic
Francesco

Samstag , 01.06

Sonntag , 02.06