

Montag , 17.06

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 , 18.06

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mittwoch , 19.06

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

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

Donnerstag , 20.06

09:15 - 10:10

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

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Ambra

Freitag , 21.06

09:15 - 10:10

Pilates
Larissa

18:00 - 18:55

Aerobic
Francesco

Samstag , 22.06

Sonntag , 23.06