

Montag , 11.12

09:10 - 10:05

Pilates
Barbara

18:15 - 19:00

Step Aerobic
Dario

19:15 - 20:10

Pump
Silvana

Dienstag , 12.12

09:10 - 10:05

Power Yoga
Alla

18:00 - 18:55

Yoga
Chiara

Mittwoch , 13.12

12:15 - 12:45

Upcon
Debi

19:00 - 19:55

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

Donnerstag , 14.12

09:10 - 10:05

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

18:15 - 19:10

Pump
Silvana

19:20 - 20:15

Power Yoga
Silvana

Freitag , 15.12

Samstag , 16.12

Sonntag , 17.12

10:00 - 10:55

Power Yoga
Camille