

Lundi , 07.11

09:30 - 10:25

Pilates
Giobana

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:00

P.I.I.T
Dominic

19:15 - 20:10

Dance Aerobic / Dance Mix
Larissa

Mardi , 08.11

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

BBP (Bauch, Beine, Po) / Bodytone
Camila

Mercredi , 09.11

09:30 - 10:25

Over 50
Camila

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Jeudi , 10.11

10:00 - 10:55

Pump
Vittoria

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Vendredi , 11.11

09:30 - 10:25

BBP (Bauch, Beine, Po) / Bodytone
Larissa

18:00 - 18:55

Functional Workout
Vittoria

Samedi , 12.11

Dimanche , 13.11