

Lundi , 14.11

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
Wulan

Mardi , 15.11

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

BBP (Bauch, Beine, Po) /
Bodytone
Csilla

Mercredi , 16.11

09:30 - 10:25

Over 50
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Jeudi , 17.11

09:30 - 10:25

Pump
Vittoria

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Vendredi , 18.11

18:00 - 18:55

Functional Workout
Vittoria

Samedi , 19.11

Dimanche , 20.11