update Fitness Buchs
Churerstrasse 35
9470 Buchs Schweiz
Phone081 756 03 50
Gestion du centre: Jessica

# Horaire update Fitness Buchs

## Lundi , 05.12

**09:30 - 10:25**
*Pilates*
Giobana

**18:00 - 18:25**
*Pump i.t.*
Dominic

**18:35 - 19:00**
*P.I.I.T*
Dominic

## Mardi , 06.12

**18:00 - 18:55**
*Rückengymnastik*
Csilla

**19:15 - 20:10**
*BBP (Bauch, Beine, Po) / Bodytone*
Vittoria

## Mercredi , 07.12

**09:30 - 10:25**
*Over 50*
Giobana

**17:45 - 18:40**
*Pilates*
Giobana

**19:00 - 19:55**
*Pump*
Dominic

## Jeudi , 08.12

**09:30 - 10:25**
*Pump*
Vittoria

**18:00 - 18:55**
*Yoga*
Jasmin R.

**19:15 - 20:10**
*Cycling*
Remo

## Vendredi , 09.12

**09:30 - 10:25**
*BBP (Bauch, Beine, Po) / Bodytone*
Larissa

**18:00 - 18:55**
*Functional Workout*
Vittoria

## Samedi , 10.12

## Dimanche , 11.12