

Lundi , 23.01

09:30 - 10:25

Pilates
Csilla

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:00

P.I.I.T
Dominic

Mardi , 24.01

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

BBP (Bauch, Beine, Po) /
Bodytone
Vittoria

Mercredi , 25.01

09:30 - 10:25

Over 50
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Jeudi , 26.01

09:30 - 10:25

Pump
Vittoria

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Vendredi , 27.01

09:30 - 10:25

BBP (Bauch, Beine, Po) /
Bodytone
Larissa

18:00 - 18:55

Functional Workout
Dominic

Samedi , 28.01

Dimanche , 29.01