

Lundi , 14.08

09:30 - 10:25

Pilates
Csilla

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 , 15.08

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

BBP (Bauch, Beine, Po) /
Bodytone
Csilla

Mercredi , 16.08

09:00 - 09:55

Yoga
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Jeudi , 17.08

18:00 - 18:55

Yoga
Giobana

Vendredi , 18.08

18:00 - 18:55

Functional Workout
Larissa

Samedi , 19.08

Dimanche , 20.08