

Lundi , 24.02

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

19:30 - 20:00

Stretching
Yvonne

Mardi , 25.02

09:15 - 10:10

Functional Workout
Erendita

18:00 - 18:55

Functional Workout
Sarina

19:00 - 19:55

Power Yoga
Ambra

Mercredi , 26.02

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ladina

19:00 - 19:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Yvonne

Jeudi , 27.02

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Yvonne

Vendredi , 28.02

09:15 - 10:10

Pilates
Annaliese

18:00 - 18:55

Aerobic
Francesco

Samedi , 01.03

Dimanche , 02.03