update Fitness St. Gallen West
Fürstenlandstrasse 17
9000 St. Gallen Schweiz
Phone071 278 72 18
Gestion du centre: Robin

Horaire update Fitness St. Gallen West

Lundi , 13.03

09:00 - 09:55	10:00 - 10:55	12:15 - 12:45	18:00 - 18:55	19:00 - 19:55	20:00 - 20:55
BBP (Bauch, Beine, Po) / Bodytone Alexandra	*Yoga* Alexandra	*P.I.I.T* Linda	*BBP (Bauch, Beine, Po) / Bodytone* Claudia	*Zumba* Andrea	*Power Yoga* Beatrice

Mardi , 14.03

09:00 - 09:55	10:00 - 10:55	17:30 - 17:55	18:00 - 18:55	19:00 - 19:55
Zumba Gold Petra	*Power Yoga* Beatrice	*P.I.I.T* Linda	*Kick Power* Nicole	*Pump* Sandra

Mercredi , 15.03

09:30 - 10:00	10:05 - 11:00	18:00 - 18:55	19:00 - 19:55
Senioren Cycling Alexandra	*Rückengymnastik* Alexandra	*BBP (Bauch, Beine, Po) / Bodytone* Katja	*Cycling* Yves

Jeudi , 16.03

06:30 - 07:25	09:30 - 10:25	18:00 - 18:55	19:05 - 20:00
Yoga Nina	*Pilates* Claudia	*Pump* Nicole	*Fitboxe* Andrej

Vendredi , 17.03

10:00 - 10:55	12:05 - 13:00	19:00 - 19:55
Rückengymnastik Liz	*Pump* Sandra	*Pilates* Eva

Samedi , 18.03

09:30 - 10:25
Yoga Isabelle

Dimanche , 19.03

09:30 - 10:25
Pump Nicole