

Montag , 09.01

09:30 - 10:25

Pilates
Giobana

18:15 - 19:10

Functional Workout
Larissa

Dienstag , 10.01

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

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

Mittwoch , 11.01

09:30 - 10:25

Over 50
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Donnerstag , 12.01

09:30 - 10:25

Pump
Vittoria

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Freitag , 13.01

09:30 - 10:25

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

18:00 - 18:55

Functional Workout
Dominic

Samstag , 14.01

Sonntag , 15.01