

Montag , 16.01

09:30 - 10:25

Pilates
Giobana

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:00

P.I.I.T
Dominic

Dienstag , 17.01

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

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

Mittwoch , 18.01

09:30 - 10:25

Over 50
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Donnerstag , 19.01

09:30 - 10:25

Pump
Vittoria

19:15 - 20:10

Cycling
Remo

Freitag , 20.01

09:30 - 10:25

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

18:00 - 18:55

Functional Workout
Vittoria

Samstag , 21.01

Sonntag , 22.01