

Montag , 23.01

09:30 - 10:25

Pilates
Csilla

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:00

P.I.I.T
Dominic

Dienstag , 24.01

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

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

Mittwoch , 25.01

09:30 - 10:25

Over 50
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Donnerstag , 26.01

09:30 - 10:25

Pump
Vittoria

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Freitag , 27.01

09:30 - 10:25

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

18:00 - 18:55

Functional Workout
Dominic

Samstag , 28.01

Sonntag , 29.01