update Fitness Buchs
Churerstrasse 35
9470 Buchs Schweiz
Telefon081 756 03 50
Center Management: Jessica

Gruppenfitnessplan update Fitness Buchs

Montag , 29.05

10:00 - 10:55
BBP Special
Vittoria

Dienstag , 30.05

18:00 - 18:55
Rückengymnastik
Csilla

19:15 - 20:10
BBP (Bauch, Beine, Po) / Bodytone
Vittoria

Mittwoch , 31.05

09:00 - 09:55
Yoga
Giobana

17:45 - 18:40
Pilates
Giobana

19:00 - 19:55
Pump
Vittoria

Donnerstag , 01.06

18:00 - 18:55
Yoga
Giobana

19:15 - 20:10
Cycling
Remo

Freitag , 02.06

18:00 - 18:55
Functional Workout
Dominic

Samstag , 03.06

Sonntag , 04.06