update Fitness Wattwil
Industriestrasse 2
9630 Wattwil Schweiz
Telefon071 994 99 88
Center Management: Kurt

Gruppenfitnessplan update Fitness Wattwil

Montag , 20.03

09:10 - 10:05
Pump
Lydia

18:00 - 18:55
Pump
Sophie

19:05 - 19:35
P.I.I.T
Sara

19:45 - 20:40
BBP (Bauch, Beine, Po) / Bodytone
Sara

Dienstag , 21.03

18:00 - 18:55
Power Yoga
Manuela

19:05 - 20:00
Upcon
Sophie

Mittwoch , 22.03

09:10 - 10:05
Pump
Lydia

10:15 - 10:45
Simply Core
Lydia

18:20 - 18:50
Simply Core
Lydia

19:00 - 19:55
Pump
Janine

Donnerstag , 23.03

09:10 - 10:05
Functional Workout
Lydia

18:30 - 19:25
BBP (Bauch, Beine, Po) / Bodytone
Monika

19:35 - 20:30
Pilates
Monika

Freitag , 24.03

10:15 - 11:10
Pilates
Yvette

Samstag , 25.03

Sonntag , 26.03

09:10 - 10:05
Pump
Raphael