

# FITNESS

FOR WOMEN AND MEN



Palestra scuola elementare Dobbiaco  
Turnhalle Volksschule Toblach

**18**  
JANUARY

## PILATES-MATWORK

ROLLER-RING-FITBALL-FLUIBALL-BANDS

## FUNCTIONAL TRAINING WORKOUT

FLUIBALL - KETTLEBELL - FITBALL

**19**  
JANUARY

**21**  
JANUARY

## BODY PUMP

THE ORIGINAL ( LES MILLS)

**20.00**  
START TIME  
ALL COURSES