

Lundi , 05.08

09:30 - 10:25

Pilates
Sonja

17:30 - 18:00

Les Mills Grit
Anna

18:15 - 19:10

Faszien-Training
Olga

19:30 - 20:30

Les Mills Bodypump
Anna

Mardi , 06.08

12:05 - 13:05

Les Mills Bodypump
Tatiana

17:45 - 18:15

Les Mills CORE
Ilona

18:20 - 19:15

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

Mercredi , 07.08

09:30 - 10:25

Pilates
Sonja

12:05 - 12:35

Les Mills CORE
Sonja

12:35 - 13:05

Les Mills Grit
Sonja

18:30 - 19:30

Les Mills Bodypump
Eszter

19:45 - 20:40

Pilates
Bettina

Jeudi , 08.08

12:05 - 13:00

Pilates
Sonja

18:30 - 19:30

Martial Art Fit
Dirk

19:40 - 20:35

Faszien Yoga
Sonja

Vendredi , 09.08

09:00 - 09:55

Faszien-Training
Carole

12:05 - 13:05

Les Mills Bodypump
Elena

Samedi , 10.08

09:30 - 10:30

Les Mills Bodypump
Eszter

Dimanche , 11.08

10:00 - 11:00

Les Mills Bodypump
Eszter