

Lundi , 28.10

09:05 - 10:00

Pump
Ajla

10:10 - 10:55

Yoga
Ajla

18:00 - 18:55

Pump
Katja

19:15 - 20:10

Fitboxe
Nicole

Mardi , 29.10

09:05 - 10:00

Rückengymnastik
Liz

18:00 - 18:55

Zumba
Leonith

19:05 - 20:00

Power Yoga
Nina

Mercredi , 30.10

09:05 - 10:00

Pump
Ajla

10:30 - 11:25

Spiralkraft
Monika

18:15 - 19:10

Pump
Nicole

Jeudi , 31.10

09:05 - 10:00

Pilates
Vasiliki

18:00 - 18:55

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

19:00 - 19:55

Fitboxe
Sandy

Vendredi , 01.11

Samedi , 02.11

Dimanche , 03.11

09:00 - 09:55

Pump
Sandra

10:10 - 11:05

Pilates
Valentina