

Montag , 16.10

09:05 - 10:00

Pilates
Cordelia

10:10 - 11:05

Pilates
Cordelia

Dienstag , 17.10

18:00 - 18:55

Pilates
Cordelia

Mittwoch , 18.10

18:50 - 19:45

Sypoba
Beat

Donnerstag , 19.10

09:15 - 10:10

Pilates
Silvana

18:40 - 19:35

TRX
Adam

19:50 - 20:45

TRX
Adam

Freitag , 20.10

09:15 - 10:10

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

18:30 - 19:25

Pump
Nicole

Samstag , 21.10

Sonntag , 22.10