

Montag , 23.12

09:00 - 09:55 <i>Herzgruppe</i> Andrea	09:15 - 10:10 <i>Pilates</i> Cynthia	10:30 - 11:25 <i>Herzgruppe</i> Andrea	12:15 - 13:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Petra	18:00 - 18:55 <i>Yoga</i> Pia	18:00 - 18:55 <i>Functional Workout</i> Emanuele	19:00 - 19:55 <i>Herzgruppe</i> Fabienne
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Dienstag , 24.12

08:00 - 08:55 <i>Herzgruppe</i> Andrea	09:00 - 09:55 <i>Herzgruppe</i> Andrea	10:00 - 11:30 <i>Functional Workout Special</i> Raphael	10:30 - 11:25 <i>Herzgruppe</i> Andrea
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Mittwoch , 25.12

Donnerstag , 26.12

08:00 - 08:55 <i>Herzgruppe</i> Andrea	10:00 - 11:30 <i>Cycling Special</i> Petra
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Freitag , 27.12

10:00 - 10:55 <i>Fit Gym</i> Petra	18:00 - 18:55 <i>Functional Workout</i> Emanuele
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Samstag , 28.12

09:30 - 10:25 <i>Zumba</i> Jady	10:00 - 10:55 <i>Functional Workout</i> Fabienne	10:45 - 11:40 <i>Yoga</i> Martine
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Sonntag , 29.12

09:30 - 10:25 <i>Cycling</i> Petra
