

Montag , 24.07

09:15 - 10:10

Dance Aerobic / Dance Mix
Monika

10:15 - 11:10

Power Yoga
Monika

19:00 - 19:55

Zumba
Eliane

Dienstag , 25.07

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monika

10:00 - 10:55

Rückenfit
Monika

18:00 - 18:55

Yoga
Monika

19:45 - 20:40

Pump
Mengia Maria

Mittwoch , 26.07

08:45 - 09:30

Step
Monika

09:30 - 10:15

Interval Training
Monika

10:15 - 11:10

Pilates
Monika

19:00 - 19:55

Zumba
Elizabeth

Donnerstag , 27.07

08:30 - 09:25

Zumba
Andrea

09:30 - 10:25

Rückenfit
Monika

Freitag , 28.07

09:15 - 10:10

Zumba
Andrea

Samstag , 29.07

Sonntag , 30.07