

Montag , 13.11

09:15 - 10:10

Dance Aerobic / Dance Mix
Monika

10:15 - 11:10

Pilates
Monika

19:00 - 19:55

Zumba
Eliane

Dienstag , 14.11

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monika

10:00 - 10:55

Rückenfit
Monika

18:00 - 18:55

Yoga
Lei Rae

19:45 - 20:40

Pump
Mengia Maria

Mittwoch , 15.11

08:45 - 09:30

Step
Monika

09:30 - 10:15

Interval Training
Monika

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Ivana

Donnerstag , 16.11

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Nicole

09:30 - 10:25

Rückenfit
Nicole

Freitag , 17.11

09:15 - 10:10

Zumba
Andrea

Samstag , 18.11

Sonntag , 19.11