

Montag , 11.12

09:15 - 10:10

Dance Aerobic / Dance Mix
Monika

10:15 - 11:10

Pilates
Monika

Dienstag , 12.12

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 , 13.12

08:45 - 09:30

Step
Monika

09:30 - 10:15

Interval Training
Monika

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Beatriz

Donnerstag , 14.12

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Nicole

09:30 - 10:25

Rückenfit
Nicole

Freitag , 15.12

09:15 - 10:10

Zumba
Andrea

Samstag , 16.12

Sonntag , 17.12