

Montag , 26.02

09:15 - 10:10

Dance Aerobic / Dance Mix
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Eliane

Dienstag , 27.02

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monica

10:00 - 10:55

Rückenfit
Monica

18:00 - 18:55

Yoga
Lei Rae

19:45 - 20:40

Pump
Mengia Maria

Mittwoch , 28.02

08:45 - 09:30

Step
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Beatriz

Donnerstag , 29.02

08:30 - 09:25

BBP (Bauch, Beine, Po) / Bodytone
Nicole

09:30 - 10:25

Rückenfit
Nicole

Freitag , 01.03

09:15 - 10:10

Zumba
Andrea

Samstag , 02.03

Sonntag , 03.03