

Montag , 25.03

09:15 - 10:10

Dance Aerobic / Dance Mix
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Eliane

Dienstag , 26.03

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monica

10:00 - 10:55

Rückenfit
Monica

18:00 - 18:55

Yoga
Monika

19:45 - 20:40

Pump
Sandra

Mittwoch , 27.03

08:45 - 09:25

Bodyworkout
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Beatriz

Donnerstag , 28.03

09:00 - 09:55

Rückenfit
Nicole

Freitag , 29.03

09:15 - 10:10

Zumba
Andrea

Samstag , 30.03

Sonntag , 31.03