

Montag , 08.04

09:15 - 10:10

Dance Aerobic / Dance Mix
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Yasmine

Dienstag , 09.04

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
Sandra

Mittwoch , 10.04

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 , 11.04

09:00 - 09:55

Rückenfit
Nicole

Freitag , 12.04

09:15 - 10:10

Zumba
Andrea

Samstag , 13.04

Sonntag , 14.04