

Montag , 05.08

09:15 - 10:10

Dance Aerobic / Dance Mix
Josephine

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Yasmine

Dienstag , 06.08

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monica

10:00 - 10:55

Rückenfit
Monica

19:15 - 20:10

Pump
Sandra

Mittwoch , 07.08

08:45 - 09:30

Bodyworkout
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Beatriz

Donnerstag , 08.08

09:00 - 09:55

Rückenfit
Daniela

Freitag , 09.08

09:15 - 10:10

Zumba
Yvonne

Samstag , 10.08

Sonntag , 11.08