

Montag , 02.09

09:15 - 10:10

Dance Aerobic / Dance Mix
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Eliane

Dienstag , 03.09

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monica

10:00 - 10:55

Rückenfit
Monica

19:15 - 20:10

Pump
Mengia Maria

Mittwoch , 04.09

08:45 - 09:30

Bodyworkout
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Ivana

Donnerstag , 05.09

09:00 - 09:55

Rückenfit
Nicole

Freitag , 06.09

09:15 - 10:10

Zumba
Andrea

Samstag , 07.09

Sonntag , 08.09