

Montag , 23.09

09:15 - 10:10

Dance Aerobic / Dance Mix
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Eliane

Dienstag , 24.09

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monica

10:00 - 10:55

Rückenfit
Monica

18:00 - 18:55

Yoga
Lei Rae

19:15 - 20:10

Pump
Mengia Maria

Mittwoch , 25.09

08:45 - 09:30

Bodyworkout
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Beatriz

Donnerstag , 26.09

09:00 - 09:55

Rückenfit
Nicole

Freitag , 27.09

09:15 - 10:10

Zumba
Andrea

Samstag , 28.09

Sonntag , 29.09