

Montag , 11.11

09:15 - 10:10

Dance Aerobic / Dance Mix
Monica

10:15 - 11:10

Pilates
Monica

19:00 - 19:55

Zumba
Eliane

Dienstag , 12.11

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Monica

10:00 - 10:55

Rückenfit
Monica

Mittwoch , 13.11

08:45 - 09:30

Bodyworkout
Monica

09:30 - 10:15

Interval Training
Monica

10:15 - 11:10

Pilates
Daniela

19:00 - 19:55

Zumba
Eliane

Donnerstag , 14.11

09:00 - 09:55

Rückenfit
Nicole

Freitag , 15.11

09:15 - 10:10

Zumba
Andrea

Samstag , 16.11

Sonntag , 17.11