

Montag , 23.12

08:00 - 08:55 <i>Motion</i> Pia	09:05 - 10:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Bettina	17:30 - 18:30 <i>CrossFit</i> Lea	18:30 - 19:25 <i>Zumba</i> Anja	18:30 - 19:30 <i>CrossFit</i> Lea
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Dienstag , 24.12

Mittwoch , 25.12

Donnerstag , 26.12

10:00 - 11:00 <i>Functional Workout</i> Bettina	10:00 - 11:00 <i>CrossFit</i> Olivia
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Freitag , 27.12

08:00 - 08:55 <i>Faszien-Training</i> Erich	09:00 - 09:55 <i>Yoga</i> Pia	09:15 - 10:15 <i>CrossFit</i> Reni	10:10 - 11:05 <i>Pump</i> Stefanie	18:00 - 19:00 <i>CrossFit</i> Jernej
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Samstag , 28.12

08:45 - 09:40 <i>Pilates</i> Olga	09:15 - 10:15 <i>CrossFit</i> Daniel	10:00 - 10:55 <i>Cycling</i> Michaela	10:15 - 11:15 <i>CrossFit</i> Daniel
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Sonntag , 29.12

10:10 - 11:05 <i>Pump</i> Stefanie	10:15 - 11:15 <i>CrossFit</i> Daniel
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