

Montag , 30.12

<b>08:00 - 08:55</b> <i>Motion</i> Pia	<b>09:05 - 10:00</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Bianca	<b>17:30 - 18:30</b> <i>CrossFit</i> Reni	<b>18:30 - 19:25</b> <i>Zumba</i> Anja	<b>18:30 - 19:30</b> <i>CrossFit</i> Reni
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Dienstag , 31.12

Mittwoch , 01.01

Donnerstag , 02.01

<b>10:00 - 11:00</b> <i>CrossFit</i> Olivia	<b>10:00 - 11:00</b> <i>Functional Workout</i> Bettina
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Freitag , 03.01

<b>08:00 - 08:55</b> <i>Faszien-Training</i> Reni	<b>09:00 - 09:55</b> <i>Yoga</i> Pia	<b>09:15 - 10:15</b> <i>CrossFit</i> Reni	<b>10:10 - 11:05</b> <i>Pump</i> Stefanie	<b>18:00 - 19:00</b> <i>CrossFit</i> Jernej
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Samstag , 04.01

<b>08:45 - 09:40</b> <i>Pilates</i> Olga	<b>09:15 - 10:15</b> <i>CrossFit</i> Team	<b>09:50 - 10:45</b> <i>Cycling</i> Erika	<b>10:15 - 11:15</b> <i>CrossFit</i> Team
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Sonntag , 05.01

<b>09:30 - 10:00</b> <i>Core Training</i> Sonja	<b>10:10 - 11:05</b> <i>Pump</i> Sonja	<b>10:15 - 11:15</b> <i>CrossFit</i> Team
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