

Montag , 09.12

14:00 - 14:55

Best Agers
Erblin

18:00 - 18:55

Pump
Team

19:10 - 20:05

Bodycombat
Djamshed

20:15 - 20:45

Core Training
Djamshed

Dienstag , 10.12

09:00 - 09:55

Pilates
Miroslava

17:40 - 18:35

Rückenfit
Team

18:00 - 19:45

X Train
Jaromir

18:50 - 19:45

Jumping
Djamshed

20:05 - 21:00

Boxen
Philippe

Mittwoch , 11.12

08:00 - 08:45

Best Agers
Erblin

09:00 - 09:55

Zumba
Daniela

10:00 - 10:55

Yoga
Keith

16:55 - 17:50

Pump
Team

18:00 - 18:55

Bodycombat
Djamshed

19:10 - 20:05

Pilates
Miroslava

Donnerstag , 12.12

18:00 - 18:55

Jumping
Djamshed

18:00 - 18:45

Core Training
Team

19:15 - 19:50

Core Training
Djamshed

Freitag , 13.12

10:00 - 10:55

Bodycombat
Team

18:00 - 18:55

Boxen
Philippe

Samstag , 14.12

09:30 - 10:25

Yoga
Laura

Sonntag , 15.12