

Montag , 30.12

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 , 31.12

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 , 01.01

Donnerstag , 02.01

Freitag , 03.01

Samstag , 04.01

Sonntag , 05.01