

Montag , 07.11

09:10 - 10:05

Pump
Maja

18:00 - 18:55

Pump
Maja

19:15 - 20:10

Yoga
Reto

Dienstag , 08.11

09:10 - 10:05

*BBP (Bauch, Beine, Po) /
Bodytone*
Doris

18:15 - 19:10

*BBP (Bauch, Beine, Po) /
Bodytone*
Petra

Mittwoch , 09.11

Donnerstag , 10.11

18:00 - 18:55

Zumba
Mirjam

19:15 - 20:10

Functional Workout
Dario

Freitag , 11.11

09:10 - 10:05

Zumba
Simone

18:00 - 18:55

Pilates
Randall

Samstag , 12.11

10:00 - 10:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Petra

Sonntag , 13.11