

Montag , 21.11

09:10 - 10:05

Pump
Maja

18:00 - 18:55

Pump
Maja

19:15 - 20:10

Yoga
Reto

Dienstag , 22.11

09:10 - 10:05

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

18:15 - 19:10

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

Mittwoch , 23.11

Donnerstag , 24.11

09:10 - 10:05

Pilates
Noy

18:00 - 18:55

Zumba
Mirjam

19:15 - 20:10

Functional Workout
Dario

Freitag , 25.11

09:10 - 10:05

Zumba
Simone

18:00 - 18:55

Pilates
Randall

Samstag , 26.11

10:00 - 10:55

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

Sonntag , 27.11