

Montag , 16.01

09:10 - 10:05

Pump
Sally

18:00 - 18:55

Pump
Maja

Dienstag , 17.01

09:10 - 10:05

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

18:15 - 19:10

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

19:30 - 20:25

Yoga
Isabel

Mittwoch , 18.01

18:30 - 19:25

Pump
Maja

Donnerstag , 19.01

09:10 - 10:05

Pilates
Sally

18:00 - 18:55

Zumba
Mirjam

19:15 - 20:10

Functional Workout
Sally

Freitag , 20.01

09:10 - 10:05

Zumba
Simone

18:00 - 18:55

Pilates
Sally

Samstag , 21.01

10:00 - 10:55

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

Sonntag , 22.01