

Montag , 17.07

09:30 - 10:25

Pilates
Giobana

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:00

P.I.I.T
Dominic

19:15 - 20:10

Dance Aerobic / Dance Mix
Dominic

Dienstag , 18.07

18:00 - 18:55

Rückengymnastik
Csilla

19:15 - 20:10

BBP (Bauch, Beine, Po) / Bodytone
Csilla

Mittwoch , 19.07

09:00 - 09:55

Yoga
Giobana

17:45 - 18:40

Pilates
Giobana

19:00 - 19:55

Pump
Dominic

Donnerstag , 20.07

18:00 - 18:55

Yoga
Giobana

Freitag , 21.07

18:00 - 18:55

Functional Workout
Larissa

Samstag , 22.07

Sonntag , 23.07