

Montag , 23.09

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| 09:30 - 10:25 <i>Pilates</i> Giobana | 18:00 - 18:25 <i>Pump i.t.</i> Dominic | 18:35 - 19:00 <i>P.I.I.T</i> Dominic | 19:15 - 20:10 <i>Dance Aerobic / Dance Mix</i> Larissa |
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Dienstag , 24.09

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| 18:00 - 18:55 <i>Rückengymnastik</i> Csilla | 19:10 - 20:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Alina |
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Mittwoch , 25.09

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| 09:00 - 09:55 <i>Yoga</i> Giobana | 17:35 - 18:30 <i>Pilates</i> Giobana | 19:00 - 19:55 <i>Pump</i> Vittoria |
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Donnerstag , 26.09

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| 09:00 - 09:55 <i>Pump</i> Vittoria | 18:00 - 18:55 <i>Yoga</i> Giobana |
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Freitag , 27.09

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| 09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Alina | 18:00 - 18:55 <i>Functional Workout</i> Vittoria | 19:00 - 19:55 <i>Zumba</i> Katarzyna |
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Samstag , 28.09

Sonntag , 29.09