

Montag , 09.12

09:30 - 10:25

Pilates
Alina

18:00 - 18:25

Pump i.t.
Dominic

18:35 - 19:05

P.I.I.T
Dominic

19:15 - 20:10

Dance Aerobic / Dance Mix
Larissa

Dienstag , 10.12

18:00 - 18:55

Rückengymnastik
Csilla

19:10 - 20:05

BBP (Bauch, Beine, Po) / Bodytone
Alina

Mittwoch , 11.12

09:00 - 09:55

Yoga
Alina

17:35 - 18:30

Pilates
Larissa

19:00 - 19:55

Pump
Vittoria

Donnerstag , 12.12

09:00 - 09:55

Toning
Vittoria

18:00 - 18:55

Yoga
Jasmin R.

19:15 - 20:10

Cycling
Remo

Freitag , 13.12

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Alina

18:00 - 18:55

Functional Workout
Dominic

19:00 - 19:55

Zumba
Katarzyna

Samstag , 14.12

09:30 - 10:25

Mobility
Alina

Sonntag , 15.12