

Montag , 06.01

09:30 - 10:25

Pilates
Giobana

18:00 - 19:05

P.I.I.T
Dominic

18:00 - 18:55

Pump i.t.
Dominic

19:15 - 20:10

Dance Aerobic / Dance Mix
Larissa

Dienstag , 07.01

18:00 - 18:55

Rückengymnastik
Csilla

19:10 - 20:05

BBP (Bauch, Beine, Po) / Bodytone
Alina

Mittwoch , 08.01

09:00 - 09:55

Yoga
Giobana

17:35 - 18:30

Pilates
Giobana

19:00 - 19:55

Pump
Vittoria

Donnerstag , 09.01

09:00 - 09:55

Pump
Vittoria

18:00 - 18:55

Yoga
Giobana

19:15 - 20:10

Cycling
Remo

Freitag , 10.01

09:00 - 09:55

BBP (Bauch, Beine, Po) / Bodytone
Alina

18:00 - 18:55

Functional Workout
Dominic

19:00 - 19:55

Zumba
Katarzyna

Samstag , 11.01

09:30 - 10:25

Mobility
Alina

Sonntag , 12.01