

Montag , 18.11

09:05 - 10:00

Pump
Ajla

10:10 - 10:55

Yoga
Ajla

18:00 - 18:55

Pump
Katja

19:15 - 20:10

Fitboxe
Nicole

Dienstag , 19.11

09:05 - 10:00

Rückengymnastik
Liz

18:00 - 18:55

Zumba
Diana

19:05 - 20:00

Power Yoga
Nina

Mittwoch , 20.11

09:05 - 10:00

Pump
Ajla

10:30 - 11:25

Spiralkraft
Monika

18:15 - 19:10

Pump
Veronica

Donnerstag , 21.11

09:05 - 10:00

Pilates
Vasiliki

18:00 - 18:55

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

19:00 - 19:55

Fitboxe
Sandy

Freitag , 22.11

09:05 - 10:00

Zumba
Miriam

Samstag , 23.11

Sonntag , 24.11

09:00 - 09:55

Pump
Adriana

10:10 - 11:05

Pilates
Valentina