

Montag , 13.01

09:10 - 10:05

Pump
Ajla

10:10 - 10:55

Yoga
Ajla

18:00 - 18:55

Pump
Katja

19:15 - 20:10

Fitboxe
Nicole

Dienstag , 14.01

09:05 - 10:00

Rückengymnastik
Liz

18:00 - 18:55

Zumba
Diana

19:05 - 20:00

Power Yoga
Nina

Mittwoch , 15.01

09:05 - 10:00

Pump
Ajla

10:30 - 11:25

Spiralkraft
Monika

18:15 - 19:10

Pump
Veronica

Donnerstag , 16.01

09:05 - 10:00

Pilates
Vasiliki

18:00 - 18:55

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

Freitag , 17.01

09:05 - 10:00

Zumba
Miriam

Samstag , 18.01

Sonntag , 19.01

09:00 - 09:55

Pump
Sandra

10:10 - 11:05

Pilates
Sandra