

Montag , 29.01

09:15 - 10:10

Pilates
Eva

18:00 - 18:55

Yoga
Nadine

19:05 - 20:00

Pump
Mariana

Dienstag , 30.01

09:30 - 10:25

Zumba
Miriam

12:10 - 12:40

P.I.I.T
Daniela

18:30 - 19:25

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

19:35 - 20:30

Fitboxe
Judith

Mittwoch , 31.01

12:15 - 12:45

Upcon
Daniela

17:30 - 18:25

Pilates
Vasiliki

18:35 - 19:30

Pump
Vasiliki

19:40 - 20:35

Zumba
Andrea

Donnerstag , 01.02

09:15 - 10:10

Full Body Workout
Daniela

18:00 - 18:30

Upcon
Nadine

18:40 - 19:35

Yoga
Nadine

Freitag , 02.02

09:15 - 10:10

Yoga
Lisa

12:10 - 12:40

P.I.I.T
Ana

Samstag , 03.02

Sonntag , 04.02

10:00 - 10:55

Zumba
Ana